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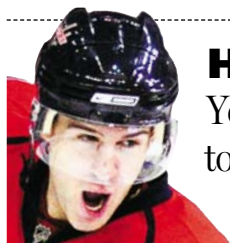
Tuesday



Silvio Berlusconi won Italy's election on Monday.

Back in Power: Berlusconi wins 3rd term as Italy's PM | **7**

Subway Groper: Chronic offender faces life in prison | **4**



Hard Lesson: Young Caps hope to learn from loss in Game 2 | **13**

ENTERTAINMENT

Bare All:

Kristen Bell talks about the lack of clothes in 'Forgetting Sarah Marshall.' Plus, 'Idol's' songwriting competition.

>> **18-22**



Museum Details Exec's Abuses

Smithsonian investigation uncovers 'lavish' ethics violations

The head of the Smithsonian Latino Center resigned in February after an internal investigation found that she violated a variety of rules and ethics policies by abusing her expense account, trying to steer a contract to a friend, and soliciting free tickets for fashion shows, concerts and music awards ceremonies, according to records released by the Smithsonian on Monday.

Pilar O'Leary, who was hired in 2005 by then-Secretary Lawrence M. Small to be the

institution's key representative on Latino affairs, billed the Smithsonian "extravagant" and "lavish travel expenses," and repeatedly abused her expense account on such things as outings to spas and hotel gift shops, the Smithsonian inspector general found.

In a report released Monday in response to a Freedom of Information Act request by The Washington Post, the inspector general said O'Leary violated 14 ethical and conflict-of-interest policies. "The inves-

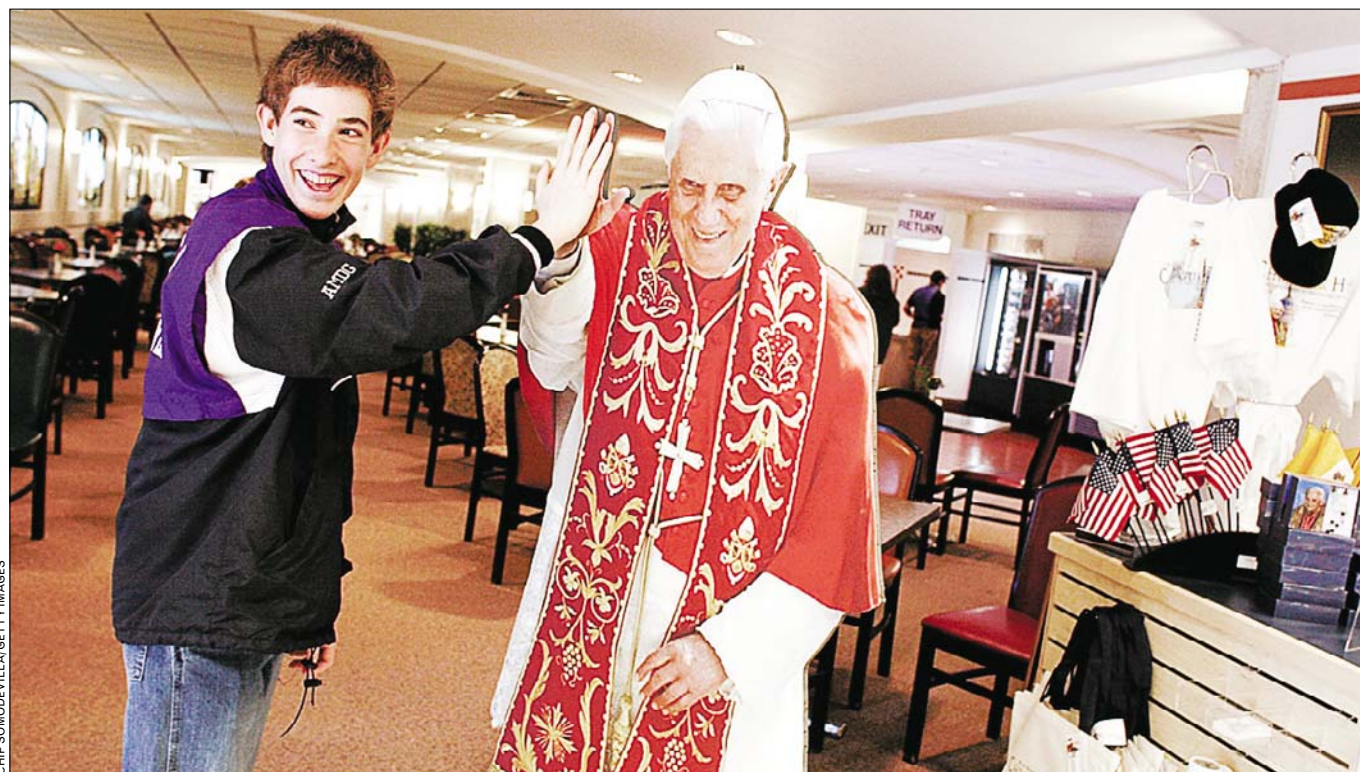


O'Leary

tigation revealed that O'Leary has not always acted in the best interests of the Smithsonian," the report said.

O'Leary, 39, could not be reached for comment, but she said in statements attached to the report that she had relied upon authorizations and guidance from the office of then-Deputy Secretary Sheila Burke. JAMES V. GRIMALDI AND JACQUELINE TRESKOTT (THE WASHINGTON POST)

Excitement Builds for Pope's Visit to D.C.



HIGH FIVE: William Cove, 15, of Takoma Park, Md., poses with a cutout of Pope Benedict XVI Monday in a gift shop at Catholic University. The store is selling souvenirs, costing \$2 to \$120, ahead of the pope's D.C. visit, which begins Tuesday. ♣ **Stadium seating:** Nationals Park readies for Mass | **Page 11**



WHICH PRESIDENTIAL CANDIDATE IS MOST IN TOUCH WITH VOTERS? **A** HILLARY CLINTON **B** JOHN MCCAIN **C** BARACK OBAMA

TUESDAY 60/40 **WEDNESDAY** 69/45 **THURSDAY** 77/53

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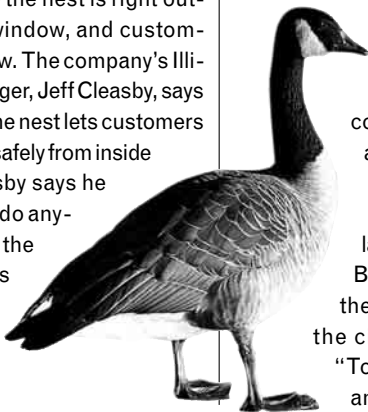
TODAY: Sunny and breezy. Frost may develop late in the evening | **34**

eyeOpeners

SPECTACLES

Bed Store=Coliseum; Geese=Savage Lions

Buyer beware: A pair of Canada geese guarding their nest outside a Naperville, Ill., furniture store are attacking shoppers, even drawing blood from a few people. However, the aggressive birds are still good for business at the P.M. Bedroom Gallery store. That's because the nest is right outside the front window, and customers love the show. The company's Illinois sales manager, Jeff Cleasby, says the location of the nest lets customers watch the birds safely from inside the store. Cleasby says he has no plans to do anything to disturb the birds. "At this point, they're almost like a mascot," he said. (AP)



THREATS

A Goat Now — A Black-Market Petting Zoo Later

A Frankfort, Ky., planning board won't get Gale Warfield's goat, but the city commission might. Officials are discussing whether goats are livestock or pets. The issue came up in October when Warfield received a violation notice about the goat and duck she keeps on her property. The city's planning commission proposed an amendment that would allow up to two farm animals to live in the city on land of five acres or more. But "the committee likes the ordinance as is," said the city planning director. "To me, a goat is a farm animal." (AP)



RICHARD A. CHAPMAN/SUN-TIMES VIA AP

SALES

Stick Shift

A towering sculpture of eight cars made famous in the movie "Wayne's World" is up for sale on eBay. The suburban Chicago landmark is named the Spindle and features cars from the 1960s, 1970s and 1980s skewered on a metal spike. The bidding starts at \$50,000, and the auction closes Thursday. The eBay listing says it will cost \$100,000 to ship the 50-foot-tall structure. The Spindle — also known as the "Car Kabob" and the "Eight Car Pileup" — draws fans of the 1992 comedy. (AP)

DEFENSE

'Quick! Let's Give Him Mouth Cancer!'

A cigarette store cashier has snuffed out a robbery. Police said a masked

man flashed a knife at the Cigarette Outlet in Des Moines, Iowa, on Friday and forced one employee to the floor, then demanded money from another worker, Ruth Wright. Instead of cash, Wright threw two cans of chewing

tobacco at the robber, and one hit him in the face. Officers said a customer then tackled the man, but the robber broke free and bolted out the door. A cashier said the store had been robbed at least once before. (AP)

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NOSE AIR: A 13-year-old boy in Blaine, Wis., is claiming the world record for blowing balloons with his nose. Using one nostril at a time, Andrew Dahl inflated 213 balloons within an hour Friday at the town's public library.

Nation

Forecast: Quake Will Strike Calif.

Researchers say state nearly certain to have 6.7-magnitude quake

LOS ANGELES | California faces an almost certain risk of being rocked by a strong earthquake by 2037, scientists said Monday in the first statewide temblor forecast.

New calculations reveal there is a 99.7 percent chance a magnitude-6.7 quake or larger will strike in the next 30 years.

72

The number of people killed the last time an earthquake of 6.7 magnitude or more occurred in California.

The odds of such an event are higher in Southern California than in Northern California.

The last time a jolt this size rattled California was the 1994 Northridge disaster, which killed 72 people and caused \$25 billion in damage.

"It basically guarantees it's going to happen," said Ned Field, a geophysicist with the U.S. Geological Survey in Pasadena and lead author of the report.

The analysis is the first comprehensive effort by the USGS, Southern California Earthquake Center and California Geological Survey to calculate earthquake probabilities for the entire state using newly available data. ALICIA CHANG (AP)

Poll: U.S. Homeowners Feel Anxious

1 in 7 mortgage holders worries about making home loan payments

WASHINGTON | One in seven mortgage holders worries he or she may soon fail to make monthly payments, and even more fret that their home's value is decreasing, according to a poll showing widespread stress from the nation's housing crisis.

In an ominous snapshot of how the sagging real estate market and sour economy are intersecting, the Associated Press-AOL Money & Finance poll also found that 60 percent said they definitely won't buy a home in the next two years.

That was up from 53 percent who said so in an AP-AOL poll in September 2006. Only 11 percent are certain or very likely to buy soon, down from 15 percent two years ago.

In today's economic climate,



Nearly three in 10 mortgage holders say they are concerned that their home's value will decline in the next two years, a new poll by The Associated Press and AOL finds.

even holding onto what they already have is a challenge and source of distress for significant numbers of homeowners. Nearly three in

10 said they are concerned their home's value will decline over the next two years, while 14 percent of mortgage holders expressed worry

that they might miss payments in the next six months.

The growing reluctance to dip into the housing market seems to stem partly from worry that housing prices will continue falling — good if you're buying a house but bad if you have to sell one.

The number envisioning falling prices in their area has grown to one in four, while four in 10 think prices will rise, a decrease from two years ago. Expectations for rising prices are highest in the South, with Westerners likeliest to predict they will drop.

Underscoring the public's unsettled feelings, the number saying local housing prices are about right has fallen to 35 percent. Half say homes are overpriced — especially in the Northeast — while those saying housing is underpriced have doubled to one in 10. Midwesterners were likelier than those in other regions to feel this way. ALAN FRAM (AP)

Obama: Clinton Using GOP Playbook

McCain says remarks about small-town residents are 'elitist'

WASHINGTON | After days on the campaign defensive, Democrat Barack Obama accused rival Hillary Rodham Clinton on Monday of leveling criticism straight from the Republican playbook and said

even so, he will win the White House over John McCain and an "out of touch" GOP.

"I may have made a mistake last week in the words that I chose, but the other party has made a much more damaging mistake in the failed policies they've chosen and the bankrupt philosophy that they've embraced for the last three decades," Obama said.

Obama spoke at The Associated Press annual meeting a few hours after McCain had made a less combative appearance of his own.

McCain repeatedly declined to label Obama an elitist for the comments that have roiled the race for the White House in recent days.

"I think those comments are elitist," he said. "I think anybody who disparages anyone who is

hardworking, the dedicated people who cherish the right to hunt and observe their values and the culture ... and say that's because they are unhappy with their economic conditions, I think that's a fundamental contradiction to what I think America is."

McCain's remarks were his latest reaction to Obama's description last week of residents of small towns that have been economically distressed for a generation or more.

DAVID ESPO (AP)

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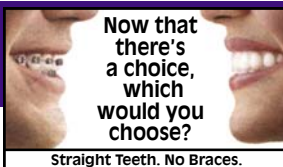
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"As smart as my husband is, he does make mistakes." — **Hillary Clinton**, after a union worker asked whether ex-president Bill Clinton tricked them with NAFTA.

Groping Suspect Arrested

N.Y.C. man could get life in prison if found guilty of subway crime

NEW YORK | About two weeks after he was released from prison, Freddie Johnson was arrested on charges of illegally rubbing up against a woman on a crowded Manhattan subway train.

It is a fairly common crime in New York. But this was no common criminal. Johnson has been arrested a staggering 53 times — the majority for allegedly groping women on subway trains.

In his latest arrest, Johnson was being followed by plainclothes officers who recognized him from police photos. He was charged with persistent sexual abuse, and if convicted this time he could be sent

away for life.

In a jail interview with the Daily News of New York, Johnson said he never touched the woman.



Johnson

Prosecutors say he was carrying a messenger bag over the front of his torso, slid it to the back to illegally rub up against the woman, and then moved the bag back to the front to avoid being caught.

He was released from prison March 25 after serving four years for persistent sexual abuse. The state attorney general's office had argued that he should be confined under the state's civil commitment law for sex offenders, which went into effect last year, because he was

at risk for repeat offenses.

Whether he should have been confined speaks to a larger issue about what authorities should do with criminals who aren't violent offenders.

Gropers often avoid prosecution because they usually strike in crowded public places so they can escape. It is believed about half are repeat offenders, among the highest of all the sex-related crimes, but there isn't much crossover into acts like rape or assault, said Elizabeth Jeglic, a professor of treatment and rehabilitation of offenders at John Jay College of Criminal Justice.

"The behavior is disturbing; there is no question," Jeglic said. "But in the larger scheme you want to commit the people who are grabbing kids off the street or the rapist in Central Park," Jeglic said. (AP)

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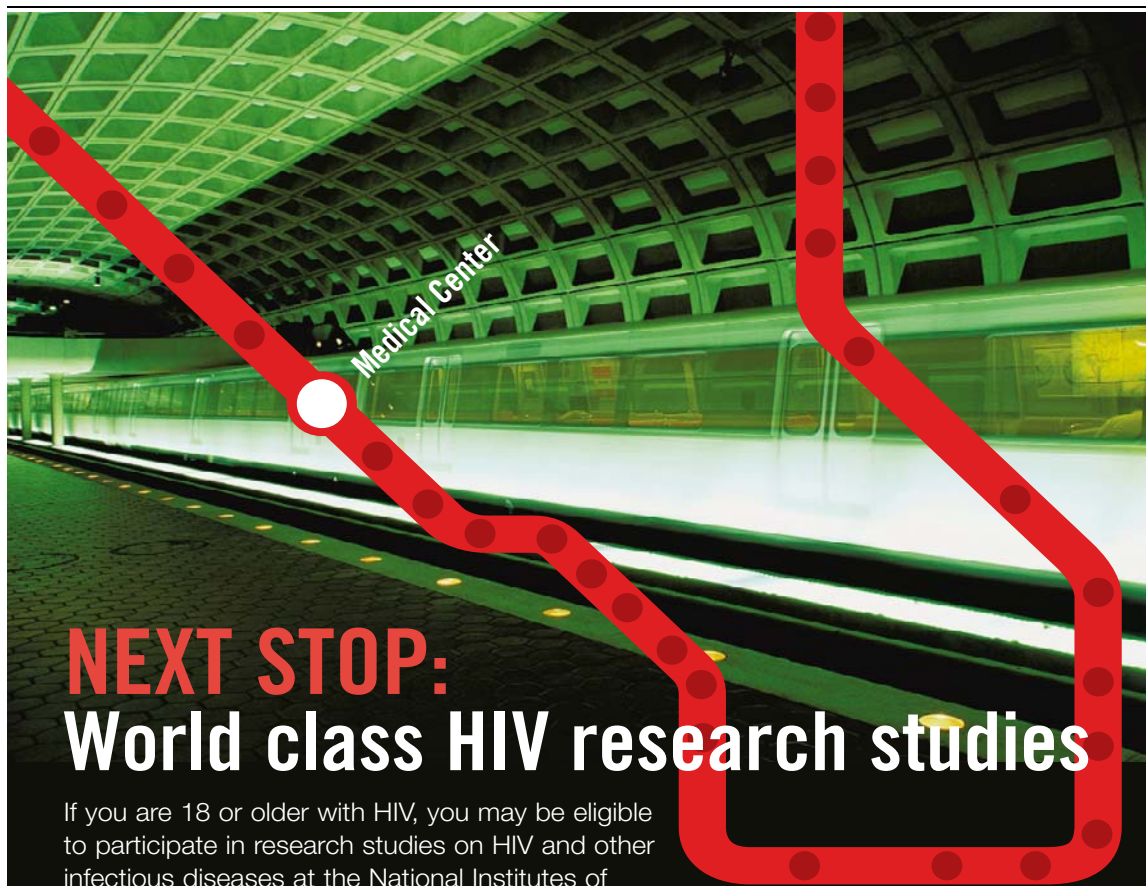
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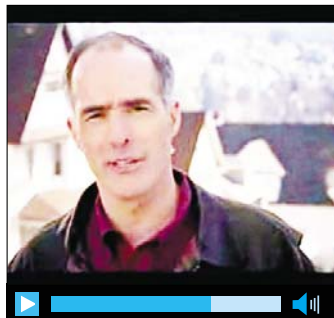


PENTAGON TYPE: Former Defense Secretary Donald Rumsfeld is working on a memoir to be published by Penguin Group in 2010. He will receive no advance for the currently untitled book, and profits will be donated to his public service foundation.



Nation

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Sect Case Now a Legal Nightmare

Judge says she’s not sure what to do with the 416 children seized

SAN ANGELO, TEXAS | The judge and lawyers involved in one of the biggest child-custody cases in U.S. history struggled Monday with the legal and logistical morass of deciding the fate of 416 children seized by Texas authorities in a raid at a polygamist sect.

“Quite frankly, I’m not sure what we’re going to do,” Texas District Judge Barbara Walther said after a conference that included three to four dozen attorneys either representing or hoping to represent youngsters taken two weeks ago from the Eldorado ranch of the Fundamentalist Church of Jesus Christ of Latter Day Saints.



In this undated image taken by a cell phone camera, women and children from the Yearning for Zion Ranch are shown in a makeshift shelter in San Angelo, Texas.

The courtroom conference was held to work out the ground rules for a court hearing beginning

Thursday on the fate of the children. The state is accusing the sect of physically and sexually abusing

the youngsters and wants to strip their parents of custody.

Texas bar officials said more than 350 lawyers from across the state have volunteered to represent the children free of charge. Moreover, the 139 mothers who voluntarily left the sect to be with their children may hire lawyers, too.

The sheer numbers left the judge perplexed as she considered suggestions from the lawyers for how to handle Thursday’s hearing.

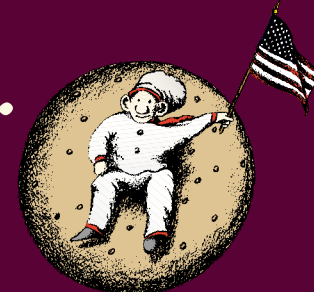
“It would seem inefficient to have a witness testify 416 times,” the judge said. “If I gave everybody five minutes, that would be 70 hours.”

In an unintended illustration of the problem, Walther gave the lawyers 30 minutes to break into groups and report back to her with ideas. It took almost two hours for everyone to reassemble. (AP)

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60

The approximate percentage of Gaza university students who were absent from classes on Monday. Officials said fuel shortages caused by Israel prevented the students from traveling to the Gaza Strip's four main universities and closed the schools until Thursday.

World

Italians Re-Elect Berlusconi as PM

Conservative U.S. ally clinches victory in parliamentary vote

ROME | Media billionaire Silvio Berlusconi won a decisive victory Monday in Italy's parliamentary election, setting the colorful conservative and staunch U.S. ally on course to his third stint as premier.

The victory in voting Sunday and Monday by parties supporting Berlusconi avenged his loss two years ago to a center-left coalition.

"I'm moved. I feel a great responsibility," he said in a phone call to RAI public television from his villa outside Milan. Italian news agencies said he had a private dinner with key aides.

Berlusconi, 71, capitalized on



Silvio Berlusconi, shown on March 15, 2008, won a decisive victory in Italy's parliamentary elections Monday, putting him on course to a third term as prime minister.

discontent over Italy's stagnating economy and the unpopularity of Romano Prodi's government.

"It was a vote against the performance of the Prodi government

in the last two years," said Franco Pavoncello, a political science professor at Rome's John Cabot University. "Berlusconi won ... because people feel that on the other side,

the government is going to take them nowhere."

**"I'm moved.
I feel a great responsibility."**

SILVIO BERLUSCONI,
ITALIAN PREMIER-ELECT

This was Berlusconi's fifth consecutive national election campaign since 1994, when he stepped into politics from his media empire, currently estimated to be worth \$9.4 billion. He has fended off challenges to his leadership by conservative allies and survived criminal trials linked to his business dealings.

ALESSANDRA RIZZO (AP)

Chinese Plan to Clean Air

Officials: Cutbacks in emissions, construction will reduce pollution

BEIJING | Construction will halt, heavy industries will close, and even spray painting will stop in order to clean Beijing's polluted air for the Olympics — an issue

that suddenly has taken a backseat to political protests.

A plan to temporarily shutter belching steel and chemical plants, cut back emissions by 30 percent at 19 heavy-polluting companies, and stop excavation

and pouring of concrete at hundreds of sites was explained Monday by the city's Environmental Protection Bureau.

The measures will be in effect officially for two months — July 20 to Sept. 20 — although reports a few months ago suggest some production cutbacks may come even sooner. STEPHEN WADE (AP)

50%

The percentage of Beijing's 3.3 million vehicles that officials are expected to ban during the Aug. 8-24 Olympic games.

HEARSAY | IRAQ

"All the brothers in the army and police who gave up their arms ... were only obeying their grand religious leaders."

—MUQTADA AL-SADR, IRAQI SHIITE CLERIC, IN A STATEMENT CALLING FOR THE GOVERNMENT TO REINSTATE THE FORCES IT FIRED.

Cubans Swarm Shops for Cell Phones

HAVANA | Lines stretched for blocks outside stores Monday as Cubans were allowed to sign up for cell phone service for the first time.

The contracts cost about \$120 to activate — half a year's wages on an average state salary. And that doesn't include a phone or credit to make and receive calls. Still, lines formed before the stores opened.



A Cuban man takes a photo with his new cell phone in Havana on Monday.

Cuba's government limited access to cell phones as well as kitchen appliances, hotels and other luxuries, in an attempt to preserve the relative economic equality that is a hallmark of social life in communist Cuba.

President Raul Castro has pledged to do away with these small but infuriating restrictions on daily life, and his popularity has surged as a result. (AP)

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World



Kidnapped journalist Richard Butler is seen after his rescue in Basra Monday.

Reporter Is Freed in Iraqi Raid

British journalist who worked for CBS was captive for 2 months

BAGHDAD | Iraqi troops freed a kidnapped British journalist Monday after finding him hooded and bound in a house during a raid in a Shiite militia stronghold in Basra.

Richard Butler's rescue after two months in captivity was a welcome success story for the Iraqi military, which has been heavily criticized for its effort to pacify the southern oil hub.

It came on a day in which at least 37 people were killed or found dead nationwide — half of them in bombings near the city of Mosul.

A U.S. soldier also was killed Monday by a roadside bomb in the northern Salahuddin province, the military said, raising to at least 4,033 the number of American military members who have died since the war started in March 2003.

Flanked by beaming Iraqi officials, Butler, who worked for the U.S. television network CBS News, described the soldiers' performance as "brilliant."

Defense Ministry spokesman Mohammed al-Askari said the troops weren't looking for Butler, but an army patrol conducting a sweep of the area responded after coming under fire from the house where he was being held.

Butler was thin but in good condition and laughing as he was shown on Iraqi television. **KIM GAMEL (AP)**

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"The most important single foreign policy goal in my life has been to bring peace to Israel, and peace and justice to Israel's neighbors."

—Jimmy Carter, former U.S. president, in an interview published Monday in the Israeli newspaper Haaretz.

World

Zimbabwe Court Holds Poll Results

Petition for release of March presidential vote count is rejected

HARARE, ZIMBABWE | Zimbabwe's High Court rejected an appeal Monday for the immediate release of presidential election results, dashing hopes for an end to a paralyzing political crisis and

prompting the opposition to call a nationwide strike.

Opposition leader Morgan Tsvangirai says he won the March 29 election outright and has accused President Robert Mugabe of holding back the results to try to maintain his 28-year grip in power. Independent tallies show Tsvangirai won but did not receive enough votes to prevent a runoff.



Tsvangirai

commission to release the results after a 16-day wait. The commis-

sion, which published results for parliamentary and local elections within several days of the election, said it can't release the presidential results until it investigates electoral anomalies.

In rejecting the petition, the court ruled that the commission's explanation was "legally valid" and said the electoral body "has not strayed from the law."

ANGUS SHAW (AP)

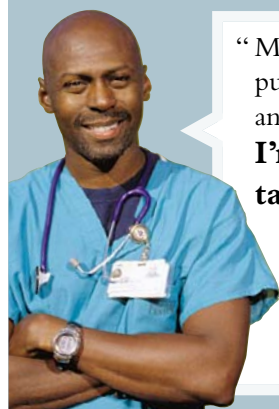
ISRAEL | HIGH JUMP



DAVID SILVERMAN/GETTY IMAGES

LEAPS AND BOUNCES: An Israeli girl attached to a bungee plays on a trampoline in Ramat Gan, Israel, on Monday.

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Medstarresearch.org
202-787-5355

Money

207

The average out-of-pocket cost, in dollars, Americans spent to complete their tax forms in 2007, according to a report from the National Taxpayers Union. The cost calculation was based on IRS figures.

Market Action

New York Stock Exchange

Gainers

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|------------|-------|--------------|----------------------|
| CircCity | 4.97 | +1.07 | +27.4 |
| AirTran | 4.94 | +.81 | +19.6 |
| CapitolSce | 11.92 | +1.44 | +13.7 |
| HFF Inc | 6.46 | +.68 | +11.8 |
| StdRegis | 7.98 | +.81 | +11.3 |

Losers

| | | | |
|------------|-------|-------|-------|
| CarpTech s | 49.86 | -9.44 | -15.9 |
| FstFed | 17.08 | -2.62 | -13.3 |
| DowneyFn | 14.23 | -1.90 | -11.8 |
| FstHorizon | 11.65 | -1.45 | -11.1 |
| MarineMx | 11.44 | -1.41 | -11.0 |

NASDAQ Stock Market

Gainers

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|-------------|------|--------------|----------------------|
| PluristTh n | 4.80 | +1.25 | +35.2 |
| ClevBioL | 6.05 | +1.13 | +22.9 |
| ClaytonH | 5.72 | +.90 | +18.7 |
| AmritmsC | 3.51 | +.51 | +17.0 |
| lomai | 2.44 | +.04 | +1.7 |

Losers

| | | | |
|-------------|-------|-------|-------|
| CrescentB s | 8.57 | -2.13 | -19.9 |
| CelebExp | 4.50 | -1.10 | -19.6 |
| Isramc | 40.14 | -8.35 | -17.2 |
| PlanarSy | 3.21 | -.54 | -14.4 |
| ComCntrl | 5.83 | -.88 | -13.1 |

Rates

| | CURRENT | PREVIOUS WEEK |
|-----------------|---------|---------------|
| Prime Rate | 5.25 | 5.25 |
| Fed Funds close | 2.25 | 2.13 |
| 3-month disc | 1.06 | 1.45 |
| 2-year | 1.73 | 1.92 |
| 10-year | 3.50 | 3.55 |
| 30-year | 4.34 | 4.37 |

Currency (Dollars in foreign currency)

| | TODAY | PREVIOUS DAY | YEAR AGO |
|------------------|---------|--------------|----------|
| British Pound | .5064 | .5070 | .5033 |
| Canadian Dollar | 1.0200 | 1.0230 | 1.1369 |
| European Euro | .6326 | .6315 | .7386 |
| Japanese Yen | 101.01 | 101.01 | 119.12 |
| Mexican Peso | 10.4932 | 10.5374 | 10.9922 |
| Taiwanese Dollar | 30.40 | 30.40 | 33.14 |

| DOW | NASDAQ | S&P 500 |
|----------|---------|---------|
| -23.36 | -14.42 | -4.51 |
| -0.19 | -0.63 | -0.34 |
| 12302.06 | 2275.82 | 1328.32 |

Biotech Stocks

| STOCK | LAST | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|-------------|-------|--------------|-----------------------------|
| Amgen | 42.95 | -.06 | -7.5 |
| Amylin | 29.57 | -.13 | -20.1 |
| BiogenIdc | 63.72 | -.50 | +11.9 |
| BioMarin | 33.52 | -.80 | -5.3 |
| Celgene | 63.10 | +.44 | +36.6 |
| ChRvLab | 56.52 | -.68 | -14.1 |
| Genentch | 74.69 | -2.10 | +11.4 |
| Genzyme | 73.42 | +.21 | -1.4 |
| GileadSci s | 50.78 | +.14 | +10.4 |
| Illumina | 76.16 | -.10 | +28.5 |
| Imclone | 44.81 | +.26 | +4.2 |
| Invitrogn | 87.60 | +1.50 | -6.2 |
| MillPhar | 24.45 | +.06 | +63.2 |
| QIAGEN | 20.71 | -.22 | -1.6 |
| VertxPh | 25.90 | +.25 | +11.5 |

Windows Users Fight to Save XP

Online petition asks software giant to keep the program in stores

SEATTLE | Microsoft Corp.'s operating systems run most personal computers around the globe and are a cash cow for the world's largest software maker. But you'd never confuse a Windows user with the passionate fans of Mac OS X or even the free Linux operating system.

Unless it's someone running Windows XP, a version Microsoft wants to retire.

Fans of the six-year-old operating system set to be pulled off store shelves in June have plastered the Internet with blog posts, cartoons and petitions recently. They trumpet its superiority to Windows Vista, Microsoft's latest PC operating system.

Galen Gruman, a longtime technology journalist, started a Save XP Web petition, gathering since January more than 100,000 signatures and thousands of comments, mostly from die-hard XP



Microsoft is planning to pull the Windows XP operating system from stores.

users who want Microsoft to keep selling it until the next version of Windows is released.

Microsoft already extended the XP deadline once, but it shows no signs it will do so again. The company has declined to meet with Gruman to consider the petition.

Gruman said he'd keep pressing for a meeting.

"They really believe if they just close their eyes, people will have no choice," he said. JESSICA MINTZ (AP)

Blockbuster Tries to Buy Circuit City

DALLAS | Blockbuster Inc. said Monday it has offered to pay more than \$1 billion for struggling Circuit City Stores Inc., but the nation's second biggest consumer electronics chain questioned whether the rental com-

pany can finance the deal.

Blockbuster Chief Executive James Keyes said combining the companies would create a chain that could sell portable devices and entertainment for them.

Blockbuster said it has been in talks with Circuit City for months regarding an acquisition, and sent a letter Feb. 17 to Circuit City Chairman and CEO Philip Schoonover offering \$6 to \$8 per share for the company provided it be allowed to examine its financial books. (AP)

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04-M-0227



The National Institute of Mental Health

National Institutes of Health, Department of Health & Human Services

NIMH
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of Mental Health

Testosterone Linked To Financial Prowess

Elevated hormone levels are also tied to traders' risk-taking

WASHINGTON | The hormone that drives male aggression and sexual interest also seems able to boost short term success at finance.

But what seems to start out well can turn bad, with elevated testosterone levels over several days possibly leading to irrational risk-taking, according to researchers at the University of Cambridge in England.

"If people want to get practical, it would be good for both banks and the financial system as a whole if we had more women and older men in

the markets," said John M. Coates, lead author of a study appearing in this week's issue of Proceedings of the National Academy of Sciences.

Coates and Joe Herbert studied male financial traders in London, taking saliva samples in the morning and evening. They found that levels of two hormones, testosterone and cortisol, affected traders.

Those with higher levels of testosterone in the morning were more likely to make an unusually big profit that day, the researchers found.

Testosterone, best known as the male sex hormone, affects aggression, confidence and risk-taking.

RANDOLPH E. SCHMID



LONG OVERDUE: Transportation officials say four bridges, 19 overpasses and four ramps will be replaced during the construction of high-occupancy toll lanes on the Capital Beltway in Springfield, Va. Many of the structures will be replaced for the first time since the 1960s.

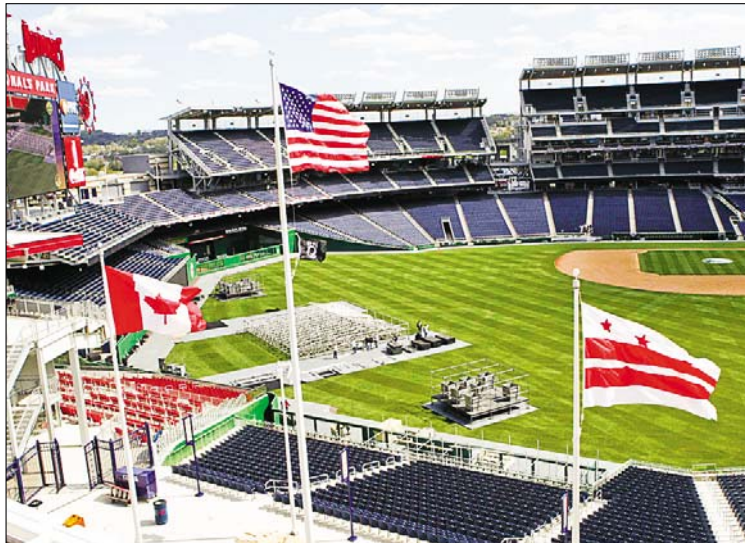
Local

Nationals Park Readies for Pope

Ballpark undergoes a 4-day makeover to become a church

The transformation of Nationals Park into an open-air church for a Mass celebrated by Pope Benedict XVI is under way, with workers installing hundreds of thousands of square feet of flooring over the Kentucky bluegrass outfield.

The carpenters, electricians and other workers — about 500 in all — began after the Nationals' home game Sunday. Wednesday will be spent in dress rehearsals for the two-hour Mass, and security is being tightened around the ballpark as the week continues.



Workers assemble the staging platform Monday in center field during preparations at Nationals Park for Pope Benedict XVI's outdoor Mass there on Thursday.

On Monday, tarps were draped over advertising marquees. Thirty semi-tractor trailers of equipment were being unloaded. Additional television cameras were being installed. Construction began on the 75-foot-tall altar, which will sit in center field, covered with its own ceiling and a backdrop of a gold curtain and crucifix.

It was the most visible preparation for the visit of the pope, who arrives at Andrews Air Force Base Tuesday.

Other plans include deploying about 1,000 D.C. police officers as well as 300 more from Maryland and Virginia during Benedict's four-day stay, his first here as pope.

PAPAL PARTICULARS

- Those driving to the ballpark can park at RFK Stadium for \$13 or at the old convention center at 9th and H streets NW for \$25.
- Parking tickets must be purchased in advance online at Dcp.apalvisit.clickandpark.com.
- Metro is offering a special "Mass Pass" — a \$9 all-day fare-card allowing riders unlimited travel from 5 a.m. until midnight.

Security for Thursday's papal Mass, the single largest gathering for Benedict's visit, will involve shutting down the Frederick Douglass Bridge and South Capitol Street, which runs along the west side of Nationals Park, from 2 a.m. until 2 p.m.

DANIEL LEDUC AND MARY BETH SHERIDAN
(THE WASHINGTON POST)

Coburn Against Federal Metro Funds

Okla. senator blocks bill to provide transit agency with \$1.5B

WASHINGTON | Legislation that would provide federal funding for Metro continues to face a roadblock on Capitol Hill: Sen. Tom Coburn.

Bills introduced in the House



Coburn

structure.

But Coburn continues to block

and Senate would provide \$1.5 billion for Metro over the next 10 years. The money would help the transit agency repair its deteriorating infrastructure.

the Senate bill. The Oklahoma Republican tells WTOP radio he's opposed to funding Metro unless lawmakers decide to cut spending elsewhere.

Coburn says the cost of maintaining the transit system should come from higher fares.

He also says the transit agency should be more efficient with its spending. (AP)

The Lotteries

Monday, April 14

DISTRICT

| | |
|------------------------------|--------------------------|
| Mid-day Lucky Numbers | 5-3-9 |
| Evening Lucky Numbers (Sun.) | 1-5-0 |
| Mid-day DC 4 | 2-9-4-5 |
| Evening DC 4 (Sun.) | 0-1-5-3 |
| Rolling Cash Five (Sun.) | 2-12-15-18-31 |
| Daily 6 (Sun.) | 2-8-12-13-22-29 Bonus: 6 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be

MARYLAND

| | |
|-----------------------|-------------------------|
| Mid-day Pick 3 | 7-5-8 |
| Evening Pick 3 (Sun.) | 4-8-9 |
| Mid-day Pick 4 | 5-2-6-1 |
| Evening Pick 4 (Sun.) | 1-4-8-9 |
| Match 5 (Sun.) | 2-10-15-21-28 Bonus: 18 |

VIRGINIA

| | |
|-----------------------|---------------|
| Mid-day Pick 3 | 6-2-1 |
| Evening Pick 3 (Sun.) | 7-2-4 |
| Mid-day Pick 4 | 4-9-9-7 |
| Evening Pick 4 (Sun.) | 7-5-5-3 |
| Mid-day Cash 5 | 6-10-16-21-29 |
| Evening Cash 5 (Sun.) | 2-9-15-20-24 |

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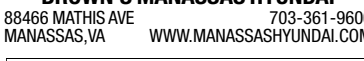
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NO SURPRISE: Michael Beasley is headed to the NBA. Kansas State's All-American freshman announced Monday that he will skip his final three seasons to enter the June 26 NBA draft, where he could be the No. 1 overall pick.



Sports

Youngsters Get Abrupt Wake-Up Call

Capitals' postseason novices must adjust to physical playoff hockey

CAPITALS | The euphoria of the Capitals' stirring third-period comeback in Game 1 of the Eastern Conference quarterfinals vanished as abruptly as an open-ice hit on Sunday as the Philadelphia Flyers offered several young Capitals players a crash-course in playoff hockey.

"I don't think we were as good as we can be, but I thought Philadelphia made us look pretty bad. ... Hopefully, it was a cheap lesson, but we'll see," Caps coach Bruce Boudreau said. "Philadelphia outplayed us, outworked us and out-won the battles on us. We now know we've got to pay a bigger price if we want to succeed."

The Caps' first defeat in more than three weeks evened the best-of-seven series at 1-1, with the third game Tuesday night in Philly.

To get back on track the Caps will have to figure out how to free Alex Ovechkin, Alexander Semin, Mike Green and the rest of their playoff debutantes from the relentless pursuit that left them befuddled



Washington's Alex Ovechkin, left, tries to get past Braydon Coburn of the Flyers.

on Sunday. Ovechkin said playoff hockey was "faster" and "more physical" than regular season competition and it showed, as the NHL's

leading scorer had little room to maneuver and his line, centered by rookie Nicklas Backstrom, was unable to keep the puck.

Green, who scored twice in Game 1, struggled as well. The Flyers' commitment to bottle up the swift defenseman paid dividends when he tried to maneuver through a first-period double team and committed the turnover that led to Philly's second goal.

"We just was a little soft. We didn't shoot the puck. We didn't control the puck. We have to realize, we have to watch some moments and think about it," Ovechkin said.

Afterward, much of the discussion centered on the Caps preference for pretty, possession hockey, while the Flyers were content to dump the puck in, pursue and scrap. To be successful, Washington's "Young Guns" may have to simplify their games.

"They're doing a great job. They hold their ground," said center Sergei Federov, who's won three Stanley Cups. "They're playing obviously in a new mental field. ... It brings a lot of details that they're learning as they go."

BRIAN STRAUS

Break things down: Coach Bruce Boudreau canceled practice in favor of video sessions. | **Today's Post, Sports**

Swengali

CAPITALS | BY MATT SWENSON

Caps Have Built Something Great

HOLDING COURT FRIDAY NIGHT inside the Capitals' locker room, Ted Leonsis bypassed a toast in favor of a boast.

Any why not? His team — which only months ago was on its way to a third straight terrible season with few fans to show for it — had just won its first playoff game in five years in front of a sold-out crowd sporting mohawks and red jerseys.

"We've built something really special here, and it's going to stay for a long, long time," said the Capitals' owner, who was also wearing one of his team's red jerseys.

Just before the 2004 lockout, Leonsis and General Manager George McPhee took a wrecking ball to a solid team that would never

Leonsis and McPhee took a wrecking ball to a solid team that would never win the Stanley Cup.

have been good enough to win the Stanley Cup and started over.

Millions of dollars were lost — "What's \$100 million amongst friends?" quipped Leonsis — but the Capitals also won the lottery.

The day Alex Ovechkin fell into Washington's lap, the franchise had someone to build around. As Ovechkin has grown, so has the team. In the Russian's best year, which should result in the NHL's MVP award, Leonsis' patience paid off with the series against Philadelphia.

For the past two months, fans have filled Verizon Center, and, in their most impressive feat yet, shouted down Philly fans Friday.

A victory in Game 2 Sunday would have been nice. But, in a way, Leonsis has already won.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



SPORTS SCIENCE ADVISOR JAY HOFFMAN

AS HE APPROACHED THE END of his college career at St. John's and started trying to make it as a professional football player, Jay Hoffman needed an extra push. He consulted his doctor and began to use steroids. That was 25 years ago. "It was unbelievable," he says. So he understands why players would want to look elsewhere for extra help during a long season. When his pro football career was over, he got his masters and doctorate in exercise science and dedicated himself to studying training paradigms and sports supplementation. A member of the board of directors for the Nationals Strength Conditioning Association (NSCA), Hoffman consults with MLB teams about per-



Jay Hoffman, right, times a Texas Rangers player running sprints at spring training.

formance-enhancing drugs.

Do you think things will change post-Mitchell Report?

For years, there was no control and it was to the far right of what was permissible. What's happened now is they've had a knee-jerk response and made everything to the far left — [where] nothing's

good. I think eventually with education, you're going to get a more balanced approach as to how to educate the athlete and what they can and cannot do.

How does that relate to the NSCA certification for trainers?

The strength and conditioning coaches are on the front line of

defense with anabolic steroids use. They're the ones who see the athletes on a daily basis. So by having strength and condition coaches sole responsibility be the strength and conditioning program, they have a better handle on what's going on and are able to educate the athlete and not allow the athletes to go elsewhere to get that information.

Will baseball get rid of the guys like Brian McNamee?

If they adhere to the policy they created. As of now, they have not done a good job.

It's still possible that people will still use trainers outside MLB?

I believe it's happening right now.

IAN HERBERT (EXPRESS)

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To learn more about steroids and training in baseball and Hoffman's own steroid use, visit readexpress.com/sports.php

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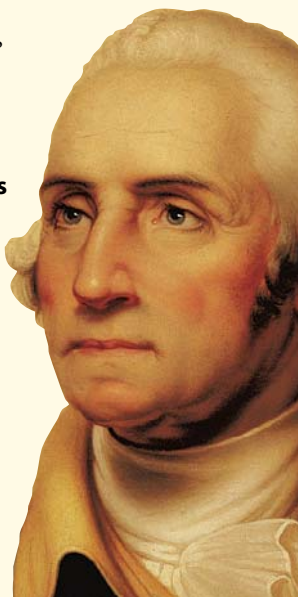
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Sports

3

The number of hits Boston's David Ortiz had in his first 43 at-bats (a batting average of .070). Manager Terry Francona gave him a mental off-day on Sunday, but Ortiz was back for Monday's game.

Magic Star Is Still Growing

Not literally — but Howard says he's not reached his prime yet

NBA | Dwight Howard stayed after practice, as usual, to shoot free throws. Orlando Magic assistant coach Patrick Ewing kept feeding him the ball.

A bystander posed a question: Who would win this one-on-one matchup? The Hall of Fame former Knick, in his prime, or Howard, the 22-year-old who leads the league in rebounds and double-doubles?

"I ain't in my prime yet," Howard answered, swiftly ending the argument.

For the rest of the NBA, that's downright scary.

Not through his fourth full season, Howard is on pace to become the NBA's youngest rebound king and could become the fifth player to average at least 20 points and 10 rebounds and shoot 60 percent. In November, he became the youngest player — by more than a year — to



Dwight Howard, 22, leads the NBA in both rebounds and double-doubles.

reach 3,000 rebounds. He has an NBA-best eight games with at least 20 points and 20 rebounds.

With those numbers, it's easy to forget how much Howard has grown. It wasn't long ago Orlando gambled with the No. 1 overall draft pick on the 18-year-old with braces out of a small

Christian high school in Atlanta. He's still the youngest player on the Magic and still the biggest cutup.

When Howard's lip swelled after he busted it in practice, he joked about hitting it on the rim. He started calling himself "Shanaynay," a big-mouthed female character Martin Lawrence played in the '90s.

Howard has plenty to smile about. His 21 points and 14 rebounds per game helped the Magic clinch its first division title since the Shaquille O'Neal era in 1995-96, and his Superman schtick and outrageous athleticism highlighted a breakout All-Star weekend.

He has, by all measures, passed the cusp of superstardom. Still, the word everyone uses about Howard is "potential."

"He has a long way to go," Orlando general manager Otis Smith said. "I think that's the beauty of him, and some of the things that he's doing that are even amazing him. His growth chart for what he's going to do, we haven't seen the tip of the iceberg yet." TRAVIS REED (AP)

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LOWLIGHTS: NBA All-Star Carmelo Anthony was arrested early Monday on suspicion of driving under the influence of alcohol, hours after his worst game of the season. He was alone in the car and was pulled over for weaving and not dimming his lights, police said.



Sports

Winning Is a Nice Change of Pace

Nationals are happy about Sunday's win even though it's just 1

NATIONALS | Jim Bowden sauntered out of the home clubhouse at Nationals Park and headed toward Manny Acta, raising his voice loud enough for bystanders to hear.

"Manny! One in a row, baby! On a streak!" the Washington Nationals' general manager told his manager.

Then, referring to the games-behind column in the NL East standings, the GM of the team with the worst record in the National League added, "The lead is down to 3½! This thing is a pennant race, baby!"

Ah, yes, everyone could smile Sunday evening, everyone could kid around, because the Nationals had just won a game for the first time in 11 days, snapping a 0-9 skid. Monday's day off would not be ruined by ruminations on yet another defeat. Tuesday's start of a three-game



Ryan Zimmerman and Aaron Boone celebrate Sunday's win, the first in 10 games.

series at the New York Mets would not be viewed through the prism of a lengthy string of setbacks.

"It's always good to get a streak like that over and done with," said right-hander Tim Redding, who improved to 2-1 Sunday. "You don't

want to keep going out there thinking, 'What's going to happen today that's going to cost us the win?'"

Redding is the only Nationals starting pitcher to have been credited with a win this season, one of several indications that things have

Attendance Tracker

→ Through the first week in the new stadium, the Nationals have averaged just 28,214 fans, a paltry figure, but one that Stan Kasten says he's pleased with. | **Today, Sports**

IN The Washington Post

not gone the way Bowden, Acta and their players hoped.

Only two NL pitching staffs have a higher team ERA than Washington's 4.80. No NL team has a lower combined batting average than the Nationals' .232.

No one other than shortstop Cristian Guzman (.322) and center fielder Lastings Milledge (.308) is hitting. Check out the heart of the lineup: No. 3 batter Ryan Zimmerman is at .226, No. 4 Nick Johnson .263 and No. 5 Austin Kearns .238.

"We haven't played well, and, hopefully, we're getting it out of our system early," said catcher Paul Lo Duca, whose average is at .200. "We're a better ballclub than this. We know that." HOWARD FENDRICH (AP)

NHL Writes New Rule in Response To Avery's Antics

NHL | Sean Avery found yet another way to annoy Martin Brodeur and forced the NHL to change a rule in his honor.

Sunday night, Avery planted himself in the crease with his back to the action and face-guarded Brodeur.

Holding his stick upward, Avery waved it side to side and up and down to block Brodeur's vision.

The NHL moved quickly to eliminate this activity by making an on-the-fly rule interpretation.

"An unsportsmanlike conduct minor penalty will be interpreted and applied, effective immediately, to a situation when an offensive player positions himself facing the opposition goaltender and engages in actions such as waving his arms or stick in front of the goaltender's face," the NHL said. (AP)



Avery

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DESPERATE TIMES: Roger Federer, who hasn't reached a final this year, said he will work with coach Jose Higuera, a clay-court specialist who coached Michael Chang to the 1989 French Open title.



Sports



Zach Johnson helps Trevor Immelman into his green jacket on Sunday at Augusta.

Tiger Is Just 2nd Best for 2 Golfers

Immelman, Johnson have mastered Woods at Augusta recently

GOLF | They were together in the Butler Cabin, then on the putting green for the trophy presentation, both times Zach Johnson helping Trevor Immelman get his arms into a green jacket at the Masters.

They now belong to an exclusive club.

Not just because they have access to the upstairs locker room at Augusta National where only champions are allowed. Not just because they will break bread — or whatever Immelman puts on the menu — the Tuesday night before next year's tournament. And not because Johnson and Immelman have an invitation for life to play in the Masters.

Both turned Tiger Woods into a runner-up.

It was only the fifth time in 45 majors that Woods was awarded the silver medal, and the second straight year at Augusta.

"What does it take? Part of that was just ignorance," Johnson said.

He was more worried about a brutally hard golf course than any name on the leaderboard, even if one of those names was Woods.

"I just play my game and, hope-

fully, make some putts," he said.

That kind of thinking also worked for Immelman.

Even though Woods started the final round six shots behind, Immelman knew the world's No. 1 player would be around at the end. The South African looked shaky on the 11th and the 12th, but both times he sank clutch putts — one for par, one for bogey.

It is easy to find failure when measuring Woods' back nine at the Masters the last two years.

When he was chasing Johnson last year, Woods failed to convert a 15-foot birdie on the 14th — from about the same spot where Johnson had earlier made birdie — and hit into the water on the 15th going for the green in two. Trying to put pressure on Immelman, Woods missed a 5-foot birdie on the 13th, three-putted for bogey on the 14th and didn't convert birdie opportunities on the next two holes.

But neither Johnson nor Immelman were handed anything.

"Obviously, it's just so damn difficult," Immelman said. "I knew he was going to play well. The guy is probably going to end up being the greatest golfer of all time, so I knew he was going to make a run. I was just trying to play my own game, and I was hoping that it was going to be good enough." DOUG FERGUSON (AP)

Walker Discusses Disorder

In his book, RB says he doesn't remember winning the Heisman

FOOTBALL | Heisman Trophy winner Herschel Walker once played Russian roulette with a loaded pistol as he struggled with a personality disorder.

"To challenge death like I was doing, you start saying, 'There's a problem here,'" he said during an interview to be broadcast Monday night on ABC's "Nightline."



Walker

Walker suffers from dissociative identity disorder, formerly known as multiple personality disorder. His experiences are chronicled in his book, "Breaking Free," which is released this week.

The 46-year-old Walker was a star running back at Georgia and in the pros. He says he had the condition during his playing days but didn't realize it. He doesn't remember winning the Heisman in 1982 or darker events, such as threatening his then-wife.

Walker has been in treatment for eight years but doesn't take medication. He believes he has improved greatly.

"I've totally changed from back then to where I am today," he says. (AP)

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON VERSUS AND CSN) With the series split 1-1, the Capitals try to take back home-ice advantage in Philadelphia.

NATIONALS (7 P.M. ON MASN) The Nats take their one-game winning streak into New York to play the Mets for the first time this season.

NHL PLAYOFFS (10 P.M. ON VERSUS) The Wild and Avalanche are also tied 1-1 heading into Tuesday night's Game 3.



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Entertainment



BRIDEZILLAS ON THE LOOSE: Kate Hudson, pictured, Kristen Johnson, Anne Hathaway and Candice Bergen are all slated to star in "Bride Wars." The film will focus on best friends who manage to schedule their weddings for the same day.

Heartache in the Buff

Jason Segel exposes his feelings, etc., to Kristen Bell onscreen

AWKWARD | Kristen Bell unknowingly traumatized her "Forgetting Sarah Marshall" co-star Jason Segel with an innocent comment just before they were to shoot a scene together. In it, Bell's character arrives at Segel's character's apartment to break up, catching him completely off guard — and naked.

"I think it's so great that for once a man is doing the nudity," she told him while they were filming last year in Hawaii.

Segel, who also wrote the comedy, became terrified.

"I had this thought about the difference in nature between male nudity and female nudity," he recalls. "The judgment is very particular when you're doing male nudity. I'm going to be out there having my junk examined and rated by everyone seeing this."

Segel, 28, eventually summoned his courage and managed to act out the comical nude scene, in which he begs for a second chance while Bell, fully dressed, tells him how she wants to move on with her life.

In support of his brave effort, everyone in the cast and crew that



LIFE IS HARD: Kristen Bell, star of "Forgetting Sarah Marshall," spent four weeks in Hawaii shooting the movie. She is now an expert on nude scenes and bikinis.

day wore T-shirts with the image of Michelangelo's David and words of encouragement.

Bell says her biggest challenge was keeping her gaze locked on Segel's eyes throughout the scene. "Lucky for me, Jason is taller, so I had to keep my eyes up," she says with a chuckle.

In the Judd Apatow-produced comedy, Bell plays the title character, a beautiful TV actress who unceremoniously dumps her boyfriend, Peter (Segel), after a five-year relationship. Sarah isn't mean. She's simply had enough of her couch potato beau. She's young and wants to live it up.

Nearly a year later, Peter still pines for Sarah. To clear his head, he takes an impulsive trip to Hawaii and is horrified to discover his ex and her hot new English rock star boyfriend as registered at the same tropical resort. Peter initially tries to slip away, but once Sarah sees him, he's determined to stay put and win her back. Mila Kunis, Russell Brand, Bill Hader, Paul Rudd and Jonah Hill co-star.

Segel wrote the provocative and funny screenplay based on personal experience. (Apatow and others contributed ideas as well.) "Yes, I did break up while naked once," he admits. ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



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→ *George Mason University, Patriot Center, 4500 Patriot Circle, Fairfax; 7:30 p.m., \$42.50; 202-397-7328.*

CRAIG AND CINDY CORRIE Remembering Rachel



2 In March 2003, American activist Rachel Corrie was killed by a bulldozer while trying to block the demolition of a Palestinian family's home. Her parents will discuss a collection of her writing, "Let Me Stand Alone," tonight.

→ *Busboys & Poets, 2021 14th St. NW; 6 p.m., free; 202-387-7638. (U St. - Cardozo)*

IN THE BLOOD Campus Capers

3 The Kennedy Center hosts the American College Theater Festival this week, beginning with Suzan Lori-Parks' "In the Blood," a modern-day "The Scarlet Letter" that follows the struggles of a homeless mother of five.

→ *Terrace Theatre, Kennedy Center, 2700 F St. NW; 7:30 p.m., \$10; 202-467-4600.*

WHAT'S HAPPENING?

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Jordin Sparks sings "This Is My Now," winner of last year's song competition.

Get Ready to Schlock

Songwriting hopefuls pen triumphant tunes for 'American Idol'

WINCING | If you watched last year's "American Idol" finale, you're likely very familiar with the trite aural dreck that was the final song, "This Is My Now."

It was a tune dreamed up by Christian music artist Scott Kripayne and his pastor, Jeff Peabody, and entered into the first "Ameri-

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This week, the "Idol" contestants will sing the songs of Mariah Carey. Greg Barber will recap their work on Wednesday at readexpress.com/idol

can Idol" songwriter contest. It was a hooky story of the ride from obscurity to success, which made it a shoo-in for a show that's always jonesing for a cheap shot to the heart.

This year's entries are no differ-

ent. "We're Gonna Make It" has an Avril Lavigne-ish sound and sports lyrics like "Ain't no song that we can't weather. You and I will last forever more." Then there's "The Time of My Life," which features this stunner: "And all that I needed was there all along, within my reach, losoe as the beat of my heart."

Gag.

Song voting is open now. You can pick the lesser of 20 potential evils at americanidol.com.

GREG BARBER (EXPRESS)



NATHAN STRANGE/AP

Craig at the premiere of "Flashbacks."

Bound to Modest Cinema

Daniel Craig takes a break from being Bond to pursue art

SMALL SCREEN | So, it could be called ironic that Daniel Craig feels at home playing an aging, miserable actor in the low-budget British film "Flashbacks of a Fool."

But Craig says it would be "terribly easy" to become like his character Joe Scot, an embittered star who finds no amount of Hollywood hedonism can fill the void within.

"I think you have to work hard at not becoming disillusioned about what you do for a living," Craig said.

The actor has not always seemed comfortable with the level of attention he has received since being cast as 007 in 2005. "Flashbacks" is a return to small-scale, personal projects for Craig. A coming-of-age drama, the film veers — at times erratically — between wistfulness, tragedy and spiky humor.

And Craig says he has discovered an upside to his new fame — the power to get projects like "Flashbacks" made. Craig has an executive producer credit on the film.

"If I can be responsible, even slightly, for getting movies like this off the ground — movies I can be proud of like this one ... then I am going to get a huge amount of enjoyment out of it," Craig said.

JILL LAWLESS (AP)

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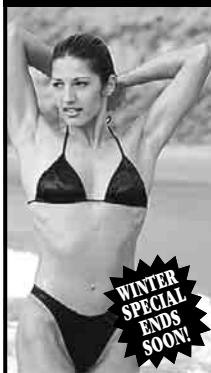
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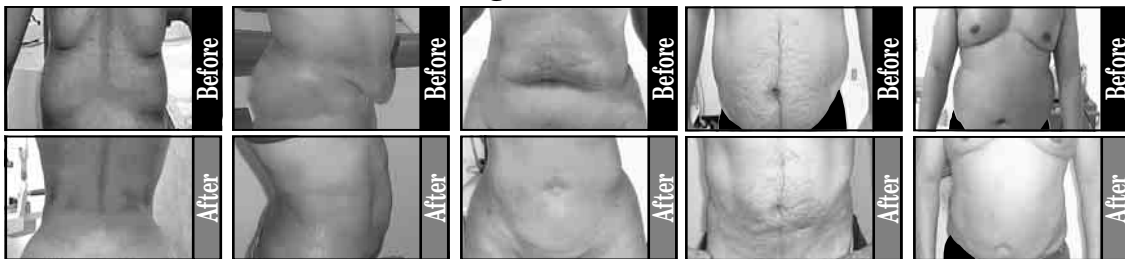
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GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|---------------------------------|
| STREET KINGS (R) - ID REQ'D | (1230) 345 700 1000 |
| STREET KINGS (R) - ID REQ'D | (1135 230) 510 800 1040 |
| SMART PEOPLE (R) - ID REQ'D | (1155 215) 450 745 1015 |
| PROM NIGHT (PG-13) | (1140 200) 430 715 945 |
| OC: THE RUINS (R) - ID REQ'D | 315 1035 |
| THE RUINS (R) - ID REQ'D | (1245) 530 810 |
| NIM'S ISLAND (PG) | (1150 220) 500 725 950 |
| LEATHERHEADS (PG-13) | (1210 1250 300) 400 630 730 920 |
| STOP LOSS (R) - ID REQ'D | (1200 235) 515 750 1025 |
| THE SUPER HERO MOVIE (PG-13) | (1150 205) 440 720 940 |
| 21 (PG-13) | (1235) 340 710 1010 |
| SHUTTER (PG-13) | 1045 PM |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (1145 210) 455 735 1005 |
| HORTON HEARS A WHO (G) | (1240) 310 540 815 |
| THE BANK JOB (R) - ID REQ'D | (1205 240) 520 755 1030 |

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|--------------------|
| STREET KINGS (R) - ID REQ'D | (210 455) 750 1035 |
| PROM NIGHT (PG-13) | (245 510) 735 1005 |
| THE RUINS (R) - ID REQ'D | (300 530) 810 |
| LEATHERHEADS (PG-13) | (100 430) 730 1020 |
| RUN, FATBOY, RUN (PG-13) | (230 505) 740 1015 |
| DRILLBIT TAYLOR (PG-13) | (110 350) |
| UNDER THE SAME MOON (PG-13) | (135 425) 710 1010 |
| HORTON HEARS A WHO (G) | (140 405) 630 855 |
| MISS PETTIGREW LIVES FOR A DAY (PG-13) | (120 350) 640 910 |
| THE OTHER BOLEYN GIRL (PG-13) | (100 400) 700 1035 |
| BE KIND REWIND (PG-13) | 650 930 |
| VANTAGE POINT (PG-13) | (255 520) 800 1030 |
| PERSEPOLIS (PG-13) | (200 440) 720 950 |

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|--|
| STREET KINGS (R) - ID REQ'D | (100 200 300 330 430 530) 615 715 |
| PROM NIGHT (PG-13) | (100 145 315 400 530) 645 745 900 1000 |
| THE RUINS (R) - ID REQ'D | (200 415) 630 845 1100 |
| THE RUINS (R) - ID REQ'D | (115 400) 745 1000 |
| NIM'S ISLAND (PG) | (130 345) 615 830 1045 |
| LEATHERHEADS (PG-13) | (130 415) 700 945 |
| THE SUPER HERO MOVIE (PG-13) | (100 315 545) 815 1030 |
| 21 (PG-13) | (145 430) 730 1015 |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (115 330) 600 830 |
| HORTON HEARS A WHO (G) | (245 500) 715 930 |
| COLLEGE ROAD TRIP (G) | (230 515) 730 |
| SHUTTER (PG-13) | 930 PM |

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|-----------------------------|-------------------------------|
| STREET KINGS (R) - ID REQ'D | (215 445) 715 950 |
| PROM NIGHT (PG-13) | (130 345) 600 815 1025 |
| THE RUINS (R) - ID REQ'D | (140 350) 600 810 1020 |
| NIM'S ISLAND (PG) | (145 400) 645 900 |
| LEATHERHEADS (PG-13) | (210 450) 730 1010 |
| 21 (PG-13) | (130 230 415 515) 700 800 945 |
| DRILLBIT TAYLOR (PG-13) | (245 515) 745 1010 |
| HORTON HEARS A WHO (G) | (155 420) 645 910 |
| THE BANK JOB (R) - ID REQ'D | (230 500) 745 1015 |

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale FORGETTING SARAH MARSHALL (R) - ID REQ'D ★
Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|-------------------------------------|
| SMART PEOPLE (R) - ID REQ'D | (230 500) 740 1020 |
| STREET KINGS (R) - ID REQ'D | (200 455) 750 1035 |
| PROM NIGHT - DP (PG-13) | (210 435) 700 935 |
| PROM NIGHT (PG-13) | (250 510) 735 1010 |
| OC: THE RUINS (R) - ID REQ'D | (450) 1000 |
| THE RUINS (R) - ID REQ'D | (1230 220 300 530) 730 810 |
| LEATHERHEADS (PG-13) | (1235 115 340 420) 640 720 945 1025 |
| NIM'S ISLAND (PG) | (130 400) 630 900 |
| STOP LOSS (R) - ID REQ'D | 940 PM |
| THE SUPER HERO MOVIE (PG-13) | (150 410) 640 910 |
| 21 (PG-13) | (140 440) 800 1100 |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (110 355) 635 905 |
| UNDER THE SAME MOON (PG-13) | (220 520) 820 |
| HORTON HEARS A WHO (G) | (125 350) 620 845 |
| THE BANK JOB (R) - ID REQ'D | (100 345) 650 |

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale FORGETTING SARAH MARSHALL (R) - ID REQ'D ★
Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|---|
| STREET KINGS (R) - ID REQ'D | (1140 1240 210 310 450 550) 740 |
| SMART PEOPLE (R) - ID REQ'D | 840 1020 |
| PROM NIGHT - DP (PG-13) | (1125 140 420) 700 950 |
| PROM NIGHT (PG-13) | (100 320 540) 820 1040 |
| OC: THE RUINS (R) - ID REQ'D | (1200 220 440) 720 940 |
| THE RUINS (R) - ID REQ'D | (300) 1015 |
| NIM'S ISLAND (PG) | (1120 1210 125 225 345 445) 610 710 845 945 |
| LEATHERHEADS (PG-13) | (1215 150 250 430 530) 730 830 1010 |
| STOP LOSS (R) - ID REQ'D | (1130 215 500) 745 1025 |
| THE SUPER HERO MOVIE (PG-13) | (1135 145 410) 650 900 |
| 21 (PG-13) | (1145 230 515) 715 815 1000 |
| SHUTTER (PG-13) | 810 1035 |
| DRILLBIT TAYLOR (PG-13) | (115 340) 620 910 |
| UNDER THE SAME MOON (PG-13) | (120 350) 630 915 |
| HORTON HEARS A WHO (G) | (1220 245 455) 705 930 |
| COLLEGE ROAD TRIP (G) | (1150 200 415) |
| THE BANK JOB (R) - ID REQ'D | (1205 240 510) 750 1030 |
| MISS PETTIGREW LIVES FOR A DAY (PG-13) | (110 330 545) |
| 10,000 BC (PG-13) | (130 400) 640 920 |

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale FORGETTING SARAH MARSHALL (R) - ID REQ'D ★
Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|------------------------|
| PROM NIGHT - DP (PG-13) | (215 430) 715 945 |
| PROM NIGHT (PG-13) | (100 315 530) 800 1030 |
| STREET KINGS (R) - ID REQ'D | (145 445) 730 1015 |
| SMART PEOPLE (R) - ID REQ'D | (200 430) 715 945 |
| NIM'S ISLAND (PG) | (210 435) 700 930 |
| LEATHERHEADS (PG-13) | (115 415) 730 1015 |
| 21 (PG-13) | (100 400) 700 1000 |
| THE RUINS (R) - ID REQ'D | (100 530) 815 |
| OC: THE RUINS (R) - ID REQ'D | (315) 1045 |
| UNDER THE SAME MOON (PG-13) | (230 515) 800 1035 |
| HORTON HEARS A WHO (G) | (130 400) 630 900 |
| THE SUPER HERO MOVIE (PG-13) | (115 345) 615 830 1045 |
| THE BANK JOB (R) - ID REQ'D | (225 500) 745 1030 |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (130) 930 |
| 10,000 BC (PG-13) | (400) 645 |

FAIRFAX TOWNE CENTER 10

4110 W OX Road 800-FANDANGO 670#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|-----------------------------|------------------------------------|
| STREET KINGS (R) - ID REQ'D | (100 140 350 430) 650 730 930 1010 |
| PROM NIGHT - DP (PG-13) | (110 330) 650 930 |
| PROM NIGHT (PG-13) | (150 410) 740 1000 |
| PLANET B-BOY (NR) | (145 440) 720 955 |
| NIM'S ISLAND (PG) | (120 200 340 420) 630 710 910 950 |
| 21 (PG-13) | (130 425) 715 1005 |
| 10,000 BC (PG-13) | (105 400) 640 915 |
| COLLEGE ROAD TRIP (G) | (125 345) |
| STOP LOSS (R) - ID REQ'D | 645 935 |

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|--------------------|
| PROM NIGHT (PG-13) | (200 445) 745 1015 |
| STREET KINGS (R) - ID REQ'D | (130 430) 730 1015 |
| SMART PEOPLE (R) - ID REQ'D | (145 415) 730 945 |
| LEATHERHEADS (PG-13) | (130 430) 715 1000 |
| NIM'S ISLAND (PG) | (100 400) 645 915 |
| THE RUINS (R) - ID REQ'D | (215) 800 |
| OC: THE RUINS (R) - ID REQ'D | (445) 1030 |
| STOP LOSS (R) - ID REQ'D | 945 PM |
| THE SUPER HERO MOVIE (PG-13) | (230 500) 800 1000 |
| 21 (PG-13) | (200 500) 745 1030 |
| SHUTTER (PG-13) | (230 515) 815 1030 |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (145 415) 715 930 |
| DRILLBIT TAYLOR (PG-13) | (100 345) 700 |
| HORTON HEARS A WHO (G) | (115 330) 630 915 |
| COLLEGE ROAD TRIP (G) | (115 345) 630 900 |
| 10,000 BC (PG-13) | (100 400) 645 930 |

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale FORGETTING SARAH MARSHALL (R) - ID REQ'D ★
Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|------------------------------------|
| SMART PEOPLE (R) - ID REQ'D | (200 430) 730 1015 |
| STREET KINGS (R) - ID REQ'D | (215 445) 745 1000 |
| PROM NIGHT (PG-13) | (230 500) 800 1030 |
| THE RUINS (R) - ID REQ'D | (230 500) 800 1030 |
| NIM'S ISLAND (PG) | (130) 645 |
| LEATHERHEADS (PG-13) | (100 200 330 430) 630 730 930 1015 |
| STOP LOSS (R) - ID REQ'D | (115 345) 700 |
| THE SUPER HERO MOVIE (PG-13) | (215 445) 745 1000 |
| 21 (PG-13) | (100 345) 700 945 |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (145 415) 715 930 |
| DRILLBIT TAYLOR (PG-13) | 930 PM |
| HORTON HEARS A WHO (G) | (115 330) 630 900 |
| THE BANK JOB (R) - ID REQ'D | (145 415) 715 945 |
| MISS PETTIGREW LIVES FOR A DAY (PG-13) | (130 400) 645 915 |
| OC & DA: NIM'S ISLAND (PG) | (400) 915 |

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale IRON MAN (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

| | |
|--|-------------------------|
| STREET KINGS (R) - ID REQ'D | (1150 220 500) 740 1020 |
| SMART PEOPLE (R) - ID REQ'D | (1140 210 455) 730 1010 |
| PROM NIGHT - DP (PG-13) | (1245 310 540) 820 1030 |
| PROM NIGHT (PG-13) | (1145 230 450) 720 940 |
| THE RUINS (R) - ID REQ'D | (1240 300 530) 810 1035 |
| LEATHERHEADS (PG-13) | (110 430) 710 950 |
| STOP LOSS (R) - ID REQ'D | (1210 240 510) 750 |
| THE SUPER HERO MOVIE (PG-13) | (1220 245 515) 745 1000 |
| 21 (PG-13) | (1250 420) 650 930 |
| SHUTTER (PG-13) | (425) 925 |
| TYLER PERRY'S: MEET THE BROWNS (PG-13) | (1230 250 520) |
| DRILLBIT TAYLOR (PG-13) | 800 1015 |
| UNDER THE SAME MOON (PG-13) | 1025 PM |
| HORTON HEARS A WHO (G) | (100 400) 640 920 |
| 10,000 BC (PG-13) | (1200 215 440) 700 915 |
| 10,00 | |



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The Chronicles of Narnia: Prince Caspian opens May 16th

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL PRESENTATION

21 (PG13) 4:10, 7:00, 9:55

PROM NIGHT (PG13) 2:15, 3:00, 4:40, 5:15, 7:05, 7:50, 9:25, 10:20
SMART PEOPLE (R) 2:10, 4:40, 7:15, 9:40
STREET KINGS (R) 1:45, 2:45, 4:05, 4:35, 5:25, 6:45, 7:30, 8:15, 9:30, 10:25
LEATHERHEADS (PG13) 1:35, 2:30, 4:30, 5:20, 7:25, 8:10, 10:10
LEATHERHEADS (PG13) 2:30, 5:20, 8:10
NIM'S ISLAND (PG) 2:35, 3:20, 5:10, 5:50, 7:35, 8:20, 10:00
THE RUINS (R) 2:50, 5:20, 7:45, 8:25, 10:05
21 (PG13) 1:40, 4:45, 7:45, 10:35
STOP-LOSS (R) 2:20, 7:40
SUPERHERO MOVIE (PG13) 3:30, 5:50, 8:15, 10:35
DRILLBIT TAYLOR (PG13) 3:15, 5:55
SHUTTER (PG13) 3:25, 5:45, 8:05, 10:15
TYLER PERRY'S MEET THE BROWNS (PG13) 2:55, 5:30, 8:00, 10:30
DR. SEUSS' HORTON HEARS A WHO! (G) 2:40, 5:00, 7:20, 9:35
10,000 B.C. (PG13) 5:05, 10:20
THE BANK JOB (R) 2:35, 5:15, 7:55, 10:30
COLLEGE ROAD TRIP (G) 2:25, 4:45
VANTAGE POINT (PG13) 7:05, 9:25

AMC SELECT

UNDER THE SAME MOON (PG13) 1:50, 4:25, 7:10, 9:50

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

STREET KINGS (R) 1:55, 4:30, 7:10, 9:50

PROM NIGHT (PG13) 12:45, 1:50, 3:00, 4:10, 5:20, 6:30, 7:40, 8:50, 10:00
SMART PEOPLE (R) 2:35, 5:00, 7:25, 9:45
STREET KINGS (R) 12:50, 3:25, 6:05, 8:45
LEATHERHEADS (PG13) 1:20, 4:00, 6:40, 9:20
LEATHERHEADS (PG13) 1:20, 4:00, 6:40, 9:20
NIM'S ISLAND (PG) 2:05, 4:25, 6:50, 9:10
THE RUINS (R) 12:55, 3:05, 5:15, 7:30, 9:40
21 (PG13) 1:10, 4:05, 7:00, 9:55
STOP-LOSS (R) 4:40, 9:25
SUPERHERO MOVIE (PG13) 1:30, 3:40, 5:50, 8:00, 10:10
DRILLBIT TAYLOR (PG13) 2:10, 7:05
SHUTTER (PG13) 2:25, 7:15
TYLER PERRY'S MEET THE BROWNS (PG13) 1:45, 4:15, 6:45, 9:15
DR. SEUSS' HORTON HEARS A WHO! (G) 1:25, 3:35, 5:45, 7:55, 10:05
THE BANK JOB (R) 4:35, 9:30

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

LEATHERHEADS (PG13) 1:00, 3:45, 6:45, 9:45

PROM NIGHT (PG13) 12:30, 2:40, 5:00, 7:20, 10:00
SMART PEOPLE (R) 2:10, 4:35, 7:00, 9:40
STREET KINGS (R) 2:00, 4:40, 7:15, 10:05
LEATHERHEADS (PG13) 2:05, 4:45, 7:30, 10:30
NIM'S ISLAND (PG) 12:40, 2:50, 5:05, 7:25, 9:50
THE RUINS (R) 1:35, 4:10, 6:50, 9:35
21 (PG13) 1:40, 2:30, 4:30, 5:25, 7:10, 8:15, 10:15
STOP-LOSS (R) 2:35, 5:10, 7:45, 10:25
STOP-LOSS (R) 2:35, 5:10, 7:45, 10:25
DR. SEUSS' HORTON HEARS A WHO! (G) 12:50, 3:10, 5:30, 8:00, 10:20
THE BANK JOB (R) 1:45, 4:20, 7:35, 10:05

AMC SELECT

MISS PETTIGREW LIVES FOR A DAY (PG13) 4:50, 9:55

THE OTHER BOLEYN GIRL (PG13) 1:50, 7:05

IN BRUGES (R) 1:30, 4:25, 6:55, 9:50

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

10,000 B.C. (PG13) 1:15, 4:05, 6:50, 9:35

PROM NIGHT (PG13) 1:50, 2:30, 4:15, 5:00, 6:45, 7:30, 9:15, 10:00
SMART PEOPLE (R) 2:15, 4:45, 7:20, 9:50
STREET KINGS (R) 1:55, 3:00, 4:50, 5:45, 7:40, 8:30, 10:10
LEATHERHEADS (PG13) 1:30, 2:10, 4:30, 5:15, 7:25, 8:15, 10:15
LEATHERHEADS (PG13) 2:10, 5:15, 8:15
NIM'S ISLAND (PG) 1:40, 4:10, 6:40, 9:20
THE RUINS (R) 1:45, 4:25, 6:55, 9:40
21 (PG13) 1:00, 4:00, 5:40, 7:05, 8:20, 9:55
STOP-LOSS (R) 1:10, 4:20, 7:00, 10:05
SUPERHERO MOVIE (PG13) 1:25, 3:40, 5:50, 8:00, 10:15
DRILLBIT TAYLOR (PG13) 4:40, 10:05
SHUTTER (PG13) 1:35, 3:55, 6:30, 9:25
TYLER PERRY'S MEET THE BROWNS (PG13) 2:05, 4:35, 7:10, 9:45
DR. SEUSS' HORTON HEARS A WHO! (G) 1:20, 3:50, 6:25, 9:00
THE BANK JOB (R) 2:00, 7:35
COLLEGE ROAD TRIP (G) 1:05, 3:30

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

SMART PEOPLE (R) 3:00, 5:30, 7:50
NIM'S ISLAND (PG) 2:20, 4:30, 6:50
21 (PG13) 2:30, 5:10, 8:00
STOP-LOSS (R) 2:25, 5:00, 7:30
SUPERHERO MOVIE (PG13) 2:40, 4:40, 7:00
10,000 B.C. (PG13) 2:50, 5:20, 7:40
THE BANK JOB (R) 3:10, 5:40, 8:10

AMC SELECT

IN BRUGES (R) 2:10, 4:50, 7:20

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

PROM NIGHT (PG13) 1:00, 2:00, 3:30, 4:40, 6:05, 7:00, 8:30, 9:30
STREET KINGS (R) 12:35, 1:05, 3:05, 4:05, 6:15, 7:05, 9:05, 10:00
LEATHERHEADS (PG13) 1:15, 4:15, 7:15, 10:15
THE RUINS (R) 12:20, 2:45, 5:05, 7:35, 10:05
THE RUINS (R) 12:20, 2:45, 5:05, 7:35, 10:05
21 (PG13) 12:45, 3:45, 6:45, 9:45
SUPERHERO MOVIE (PG13) 12:25, 2:35, 4:40, 7:10, 9:40
SHUTTER (PG13) 4:25, 9:25
TYLER PERRY'S MEET THE BROWNS (PG13) 1:30, 4:10, 6:40, 7:40, 9:10, 10:10
DR. SEUSS' HORTON HEARS A WHO! (G) 2:05, 4:35, 7:05, 9:35
10,000 B.C. (PG13) 1:30, 6:55
COLLEGE ROAD TRIP (G) 12:30, 2:40, 5:10

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

PRICELESS (NR-NOT RATED) 1:50, 4:40, 7:00

AMC SELECT

SNOW ANGELS (R) 1:30, 4:10, 7:20
MARRIED LIFE (PG13) 2:10, 4:40, 7:10
MISS PETTIGREW LIVES FOR A DAY (PG13) 2:30, 5:00, 7:40
THE COUNTERFEITERS (R) 2:00, 4:20, 7:00
THE BAND'S VISIT (PG13) 1:40, 3:50, 7:50
IN BRUGES (R) 2:20, 4:50, 7:30

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

SHINE A LIGHT (PG13) 2:40, 5:20, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

LEATHERHEADS (PG13) 1:35, 4:15, 7:00, 9:45

PROM NIGHT (PG13) 1:15, 2:35, 3:45, 5:00, 6:10, 7:30, 8:25, 9:55, 10:45
SMART PEOPLE (R) 12:45, 3:15, 5:50, 8:25, 10:45
STREET KINGS (R) 1:40, 2:55, 4:30, 5:40, 7:15, 8:50, 10:10
LEATHERHEADS (PG13) 2:50, 5:30, 8:10, 10:50
LEATHERHEADS (PG13) 2:50, 5:30, 8:10, 10:50
NIM'S ISLAND (PG) 1:55, 4:35, 7:10, 9:35
THE RUINS (R) 12:55, 3:25, 5:45, 8:00, 10:20
21 (PG13) 1:00, 2:30, 4:00, 5:25, 7:05, 8:15, 10:05
STOP-LOSS (R) 1:50, 4:40, 7:35, 10:30
SUPERHERO MOVIE (PG13) 12:50, 3:00, 5:10, 7:40, 9:50
DRILLBIT TAYLOR (PG13) 1:10, 5:50, 10:40
SHUTTER (PG13) 3:40, 8:30
DR. SEUSS' HORTON HEARS A WHO! (G) 1:00, 3:20, 5:35, 7:45, 10:15
THE BANK JOB (R) 1:05, 4:05, 7:05, 9:40

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

PROM NIGHT (PG13) 3:30, 5:40, 7:50
STREET KINGS (R) 2:00, 4:40, 7:30
LEATHERHEADS (PG13) 2:10, 4:50, 7:35
NIM'S ISLAND (PG) 2:40, 5:00, 7:20
21 (PG13) 1:40, 4:30, 7:15
DR. SEUSS' HORTON HEARS A WHO! (G) 3:20, 5:30, 7:40
THE BANK JOB (R) 1:50, 4:20, 7:00

LOEWS RIO CINEMAS 18

9811 Washington Boulevard
301-948-0906

DIGITAL PRESENTATION

10,000 B.C. (PG13) 1:40, 4:20, 7:05, 9:35

PROM NIGHT (PG13) 1:00, 2:10, 3:25, 4:35, 5:45, 7:00, 8:20, 9:30, 10:35
SMART PEOPLE (R) 2:05, 4:40, 7:20, 9:40
STREET KINGS (R) 1:30, 2:50, 4:10, 5:30, 7:10, 8:05, 9:50
STREET KINGS (R) 1:30, 4:10, 7:10, 9:50
U, ME AUR HUM (NR-NOT RATED) 3:15, 6:40, 9:55
LEATHERHEADS (PG13) 1:45, 2:55, 4:30, 5:40, 7:15, 8:25, 10:00
NIM'S ISLAND (PG) 12:50, 3:10, 5:35, 8:00, 10:25
THE RUINS (R) 1:10, 3:35, 6:05, 8:20, 10:35
21 (PG13) 2:25, 4:15, 5:15, 8:15, 9:45
STOP-LOSS (R) 1:20, 7:00
SUPERHERO MOVIE (PG13) 1:05, 3:20, 5:25, 7:55, 10:10
DRILLBIT TAYLOR (PG13) 2:00
SHUTTER (PG13) 5:55, 8:10, 10:30
DR. SEUSS' HORTON HEARS A WHO! (G) 12:55, 3:05, 5:20, 7:40, 10:15
THE BANK JOB (R) 4:45, 7:30, 10:05
COLLEGE ROAD TRIP (G) 1:25, 3:45

AMC SELECT

UNDER THE SAME MOON (PG13) 2:15, 5:00, 7:35, 10:20

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

LEATHERHEADS (PG13) 2:00, 4:45, 7:30
NIM'S ISLAND (PG) 1:45, 4:15, 7:05
21 (PG13) 1:55, 4:45, 7:30
STOP-LOSS (R) 1:45, 4:35, 7:15
DR. SEUSS' HORTON HEARS A WHO! (G) 1:50, 4:20, 7:00

✓-SPECIAL ENGAGEMENT No passes or discount coupons



- Closed Captioning



- Descriptive Video Service

Times for Tuesday, April 15, 2008

Cigarette Smoker? Want to Quit?

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(financial compensation is available)

Stamped copy on file with IRB: 26 January 2007

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Jessica Rath, PhD
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Television



ALL-TIME LOW FOR CAPITALISM: Mark Burnett, the creator of "Survivor," has teamed up with CBS and is readying his new show, "Jingles," for launch this summer. The competition features contestants writing and performing product jingles.

An Ailing System

'Frontline' explores real alternatives to American health care

'SICKO,' PART II | "Frontline: Sick Around the World" (9 p.m., PBS) looks at the health care debate from a different perspective. Correspondent T.R. Reid travels to five nations that spend a far smaller percentage of national wealth on health care yet insure everyone. How do they make it work? What can we learn and/or avoid from their systems?

Reid travels first to the United Kingdom, home to a national-health care system since the end of World



MEDS FOR ALL: Dr. Kono Keiko works in Japan, where coverage is required.

War II. Reid is surprised that this most socialized of systems has introduced market mechanisms to make doctors and hospitals compete and has reduced the waiting times for elective procedures.

He then travels to Japan and Germany, thriving market-driven economies much like our own, where the government mandates coverage and requires each citizen to pay for health insurance.

Reid visits Taiwan and Switzerland, two nations that adopted universal health care systems within the past two decades. Many of Switzerland's drug and insurance companies lobbied against reform. But now, most Swiss consider universal health care to be a basic right and a symbol of a civilized society. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

THE USUAL
Scheduled on **AMERICAN IDOL** (8 p.m., Fox): Randy will say, "Yeah, yeah, yeah!"

WILLY WONKA
ROLE MODEL: GENE WILDER (8 p.m., TCM) offers a discussion between actors Alec Baldwin and Wilder about the latter's many movies, including **THE PRODUCERS** (9:15 p.m., TCM), **BLAZING SADDLES** (11 p.m.) and **START THE REVOLUTION WITHOUT ME** (2:15 a.m.).

HAZARDOUS EMPLOYMENT
DEADLIEST CATCH (9 p.m., Discovery) enters its fourth season.

THE GOOD DAUGHTER
Shirley fights for her father's dignity on **BOSTON LEGAL** (10 p.m., ABC).

MAN OF MYSTERY
Benson goes undercover to catch a



BRAVE OR JUST CRAZY? Fishermen risk their lives on "Deadliest Catch."

corrupt prison guard on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

CHANGE AND BASKETBALL
Sen. Barack Obama discusses basketball on **REAL SPORTS WITH BRYANT GUMBEL** (10 p.m., HBO). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

| 4.15.08 | 6:00 PM | 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-----------------------|---|---|------------------------------------|--|--|---|---|--|--|-----------------------------------|---------------------------------------|-------------------------------|
| LOCAL CHANNELS | WRC [4] News (N) [6] | | NBC Nightly News | Access Hollywood | The Biggest Loser One contestant is declared the biggest loser. [6] | | | | Law & Order: Special Victims Unit (N) | | News (N) [6] | Tonight Show |
| | WTTG [5] News (N) [6] | TMZ (N) [6] | The Simpsons [6] | Seinfeld [6] | American Idol (S Live) [6] | | (:02) Hell's Kitchen (N) [6] | | News (N) | | News (N) | TMZ [6] |
| | WJLA [7] News (N) [6] | ABC Wild News | Wheel of Fortune | Jeopardy! (N) | According to Jim | According to Jim | Dancing With the Stars (S Live) [6] | | (:02) Boston Legal (N) [6] | | News (N) [6] | (:35) Nightline (N) |
| | WUSA [9] News (N) [6] | Evening News | News | Entertainment | NCIS "Dog Tags" (N) [6] | | Big Brother 9 (N) [6] | | 48 Hours Mystery [6] | | News (N) [6] | Late Show |
| | WDCA [20] Judge Judy (N) [6] | Judge Joe Brown | King of Queens | King of Queens | Street Patrol [6] | Street Patrol [6] | Jail [6] | Jail [6] | Every-Raymond | King of the Hill [6] | Law & Order: Criminal Intent [6] | |
| | WMPT [22] The NewsHour With Jim Lehrer (N) | Business Rpt. | Business Rpt. | Outdoors Md. | Secrets of the Dead "Tomb of Christ" | | Frontline "Sick Around the World" [6] | | Frontline "Memory of the Camps" [6] | | Life (Part 2) [6] | Smart Travels |
| | WETA [26] BBC World News | Business Rpt. | The NewsHour With Jim Lehrer (N) | Nova "Marathon Challenge" [6] | | | Frontline "Sick Around the World" [6] | | Independent Lens "King Corn" (N) [6] | | | Charlie Rose (N) |
| | WHUT [32] World Business | Tavis Smiley (N) | BBC World News | Moneywise | Sam Cooke: Legend | | The Legacy of Jim Croce [6] | | BBC World News | Tavis Smiley [6] | Charlie Rose (N) [6] | |
| | WDCW [50] My Wife and Kids | Family Guy [6] | Two/Half Men | Two/Half Men | Beauty and the Geek (N) [6] | | Reaper "Acid Queen" [6] | | Friends [6] | Friends [6] | Family Guy [6] | Sex and the City |
| BASIC CABLE | A&E | Cold Case Files "Crimes of the KKK" | CSI: Miami "Three-Way" [6] | | The First 48 "Deadly Attraction" | | Gene Simmons | Gene Simmons | Gene Simmons | Gene Simmons | Gene Simmons | Gene Simmons |
| | Animal | The Crocodile Hunter Diaries [6] | Africa's Outdoors Unusual animals. | | Ant Wars | | Lethal Swarms: Killer Bees [6] | | Animal Precinct "Junkyard Dogs" | | Ant Wars | |
| | BET | 106 & Park: BET's Top 10 Live [6] | | College Hill | * "The Wash" (2001, Comedy) Dr. Dre, Snoop "Doggystyle" [6] | | | | College Hill | Iron Ring (N) | | Black Poker Stars |
| | Bravo | Real Housewives of NYC | Real Housewives of NYC | | Real Housewives of NYC | | Real Housewives of NYC | | Real Housewives of NYC | | Work Out (Season Premiere) (N) | |
| | Comedy | (4:30) "At Home With the Webbers" | Scrubs [6] | Scrubs [6] | Daily Show | Colbert Report | Futurama [6] | South Park [6] | Demetri Martin Comic performs. | | Daily Show | Colbert Report |
| | Court | World's Wildest Police Videos [6] | Cops [6] | Cops [6] | Cops [6] | Cops [6] | World's Wildest | | Most Shocking | | Forensic Files | Forensic Files |
| | Discovery | Cash Cab (N) | Cash Cab | Deadliest Catch: Best of Season 3 | | | Deadliest Catch (Season Premiere) (N) | | Deadliest Catch (N) | | Deadliest Catch: Best of Season 3 | |
| | DISCH | Code Blue "St. Patrick's Day" [6] | Trauma: Life in the ER [6] | | Raising 16 Children [6] | | Mystery Diagnosis: Babies Special | | Mystery Diagnosis [6] | | Raising 16 Children [6] | |
| | Disney | Life With Derek | Life With Derek | Hannah Montana | Zack & Cody | "Cow Belles" (2006, Comedy) Alyson Michalka, [6] | That's So Raven | | That's So Raven | Life With Derek | Zack & Cody | Hannah Montana |
| | E! | Soup Presents | Chelsea Lately | E! News (N) | The Daily 10 (N) | Hugh Hefner: The E! True Hollywood Story | | | Kardashians | Kardashians | E! News | Chelsea Lately |
| | FX | (5:00) *** "Crash" (2004, Drama) Sandra Bullock, Don Cheadle | | | | ** "The Transporter 2" (2005, Action) Jason Statham, Amber Valletta | | | The Riches "Trust Never Sleeps" (N) | | (:01) The Riches "Trust Never Sleeps" | |
| | HGTV | Open House | Hidden Potential | House Worth? | House Hunters | Designed to Sell | My Kitchen | Secrets That Sell | Open House | House Hunters (N) | House Hunters | House Worth? |
| | Family | 8 Simple Rules [6] | 8 Simple Rules [6] | Grounded for Life | Grounded for Life | America's Funniest Home Videos [6] | | America's Funniest Home Videos [6] | | | | The 700 Club [6] |
| | History | Mega Disasters "The Next Pompeii?" | Modern Marvels: Deep Freeze [6] | | Modern Marvels: Yard Tech [6] | | The Universe (N) [6] | | Mega Disasters Potential asteroid. | | The Naked Archaeologist (N) [6] | |
| | Lifetime | Reba [6] | Reba [6] | Still Standing [6] | Still Standing [6] | Reba [6] | Reba [6] | ** "Redemption" (2004) Jamie Foxx, Lynn Whitfield. Premiere. [6] | | | Will & Grace [6] | Will & Grace [6] |
| | MTV | (5:30) If I Were King Sean Combs. [6] | The Hills [6] | The Paper [6] | Rob & Big [6] | Rob & Big "Mea" | Rob & Big [6] | Rob & Big [6] | Rob & Big (N) [6] | Rob & Big (N) [6] | Human Giant (N) | Rob & Big [6] |
| | NICK | SpongeBob | SpongeBob | Drake & Josh [6] | Zoey 101 [6] | SpongeBob | Drake & Josh [6] | Home Improve. | Home Improve. | George Lopez [6] | George Lopez [6] | Fresh Prince |
| | SCI FI | Stargate SG-1 "The Tomb" [6] | Scariest Places on Earth [6] | | Scariest Places on Earth [6] | | Scariest Places on Earth [6] | | ECW Kane and Undertaker in action. | | Destination Truth "Giant Anaconda" | |
| | SPIKE | CSI: Crime Scene Investigation [6] | CSI: Crime Scene Investigation [6] | | CSI: Crime Scene Investigation [6] | | CSI: Crime Scene Investigation [6] | | DEA "Deadly Chase" | | UFC Countdown | |
| | TBS | Friends [6] | Every-Raymond | Every-Raymond | Every-Raymond | Family Guy [6] | Family Guy [6] | Family Guy [6] | Family Guy [6] | The Office "Fire" | The Office [6] | Frank TV |
| | TLC | What Not to Wear "Fish" [6] | Wasted | Greenovate (N) | | Dateline: Real Life Mysteries (N) | | Dateline: Real Life Mysteries (N) | | Dateline: Real Life Mysteries [6] | | Dateline: Real Life Mysteries |
| | TNT | Law & Order "Embedded" [6] | Law & Order "Hindsight" [6] | | Law & Order "Fame" [6] (DVS) | | Law & Order "The Family Hour" [6] | | Bones "The Woman in the Tunnel" [6] | | Cold Case "Time to Crime" [6] | |
| | USA | Law & Order: Special Victims Unit [6] | Law & Order: Criminal Intent [6] | | Law & Order: Special Victims Unit [6] | | Law & Order: Special Victims Unit [6] | | NCIS "The Bone Yard" [6] | | Monk Monk's insomnia. [6] | |
| | VH1 | I Know My Kid's a Star Head shots. | Miss Rap Supreme Rappers move in. | | The Flavor of Love [6] | | Rock of Love With Bret Michaels [6] | | Rock of Love With Bret Michaels "Bret's Rock of Love" | | Viva Hollywood | |
| SPANISH | TELEM | Los Plateados | Noti-Telemundo | 12 Corazones | | La Traicion | | Victoria | | Pecados Ajenos | | Noti-Telemundo |
| | UNIV | Que Locura | Noticiero Univ | Yo Amo a Juan Querendón | | Al Diablo con Los Guapos | | Pasión | | Aquí y Ahora | | Primer Impacto |
| SPORTS | ESPN | SportsCenter (Live) [6] | | E:60 (N) | | Football Live | NFL Live [6] | SportsCenter Special (Live) | | Baseball Tonight (Live) [6] | | SportsCenter (Live) [6] |
| | ESPN2 | NASCAR Now | Rome-Burning | Softball Arizona vs. U.S. National Team. From Tucson, Ariz. (Taped) [6] | | | | NBA Coast-to-Coast (Live) [6] | | | | Mix Tape Tour |
| | CSN | SportsNite [6] | SportsNite [6] | NHL Hockey: Eastern Conference Quarterfinal Game 3 -- Capitals at Flyers | | | | SportsNite [6] | | SportsNite (S Live) [6] | | Washington Post Live |
| NEWS | CNN | (4:00) The Situation Room | Lou Dobbs Tonight [6] | | CNN Election Center | | Larry King Live [6] | | Anderson Cooper 360 [6] | | | |
| | FNC | Special Report [6] | The Fox Report With Shepard Smith | | The O'Reilly Factor [6] | | Hannity & Colmes [6] | | On the Record-Van Susteren | | The O'Reilly Factor | |
| | MSNBC | Race for White House-David Gregory | Hardball [6] | | Countdown With Keith Olbermann | | Verdict With Dan Abrams | | Countdown With Keith Olbermann | | Hardball College Tour [6] | |
| MOVIES | AMC | *** "Death Hunt" (1981, Action) Charles Bronson, Lee Marvin. 'R' [6] | | | *** "The Magnificent Seven" (1960, Western) Yul Brynner, Eli Wallach. 'NR' [6] | | (:45) * "Wild Bill" (1995, Western) Jeff Bridges. 'R' [6] | | | | | |
| | TCM | *** "Get Yourself a College Girl" (1964) 'NR' | | MGM Parade | Role Model: Gene Wilder (N) | | (:15) *** "The Producers" (1968, Comedy) Zero Mostel. 'NR' [6] | | | | *** "Blazing Saddles" (1974) 'R' | |
| | HBO | Message-Bottle * "The Return" (2006) Sarah Michelle Gellar. [6] 'PG-13' | | | *** "Fracture" (2007, Suspense) Anthony Hopkins. [6] 'R' [6] | | REAL Sports With Bryant Gumbel (N) | | John Adams "Unnecessary War" | | | |
| | MAX | (5:35) *** "The Negotiator" (1998) Samuel L. Jackson. [6] 'R' [6] | | | * "Ready to Rumble" (2000) David Arquette. [6] 'PG-13' | | Second Coming | | *** "V for Vendetta" (2006, Action) Natalie Portman. [6] 'R' [6] | | | |
| | SHOW | "Rx" (2005, Drama) Eric Balfour. ITV. [6] 'R' [6] | | | *** "Babel" (2006) Brad Pitt. ITV. Strangers' lives collide on three different continents. 'R' | | The Tudors (ITV) Henry marries Anne. | | Tracey Ullman | | Strangers | |
| | TMC | (5:45) *** "Mission: Impossible III" (2006) Tom Cruise. [6] 'PG-13' [6] | | | ** "From Dusk Till Dawn" (1996, Action) Harvey Keitel. [6] 'R' [6] | | ** "Dead Birds" (2004) Henry Thomas. [6] 'R' [6] | | | | Frce Peng | |
| | STARZ! | (5:20) *** "Running With Scissors" (2006) [6] 'R' [6] | | | *** "Surf's Up" (2007) Voices of Shia LaBeouf. 'PG' | | *** "Independence Day" (1996) Will Smith. Earthlings vs. evil aliens in 15-mile-wide ships. [6] | | | | * The Covenant | |
| | ENCORE | (5:50) *** "Marie Antoinette" (2006) Kirsten Dunst. [6] 'PG-13' [6] | | | ** "Mannequin" (1987) Andrew McCarthy. 'PG' [6] | | * "Teaching Mrs. Tingle" (1999) Helen Mirren. 'PG-13' | | (:10) *** "Field of Dreams" (1989) | | | |

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JOBS

Education

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LOOK out K

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Culture

French lawmakers try to keep traditional guardians in cities

They take out the garbage, sweep stairwells, keep a trained eye peeled for trespassers and listen to gripes, gossip and heartaches, especially among the elderly living alone.

But the inimitable "concierge" — the apartment-building guardian who is part maid, watchman, therapist and an institution in France — is vanishing from the country's urban landscape. With the concierge disappears a centuries-old lifestyle.

Concierges are as much a part of the French identity as baguettes with meals and wine with cheese. The concierge concept is literally built into older buildings — strategically placed small ground-floor dwellings where they live, and keep a watchful eye on the premises.

But in the past decade, Paris

alone has lost at least 10,000 concierges, and France has lost about 100,000 — replaced mainly by cleaning companies, according to experts and those behind a campaign to save them.

The campaigners include conservative lawmaker Pierre Lellouche, who says outside services cost less to apartment residents but can't deliver a concierge's human touch. The elderly, especially, benefit from the personal attention.

"The role of the concierge is irreplaceable on a human level," Lel-

louche said.

To save concierges, Lellouche wants tax breaks for apartment owners who employ them. His proposal, backed by President Nicolas Sarkozy's governing party, could go before parliament in coming months, Lellouche hopes.

Eugenie Manuel, a concierge

for 31 years and secure in her job, regrets her profession's demise.

"It is really too bad. There are elderly, often without families, with no one to say a little 'hello,'" she said.

Manuel typifies the guardians of Paris apartment houses and the quiet influence they can

have. Portuguese-born like many Paris concierges, she has created a small garden in the building's courtyard, complete with a cage of parakeets.

"Everyone participates, buying plants each year," and birds, too, Manuel said of the residents. "I like this job, and what I do, I do with

love and respect."

Concierges have not always been so cheery a presence. They have had to work against their reputation as "pipelettes," gossip mongers, so named by 19th-century novelist Eugene Sue in his book "The Mysteries of Paris."

Concierges feature in books by Balzac, Zola and others. They have their own 80-year-old newspaper. Muriel Barbery's 2006 novel "L'Elegance du Herisson" ("The Elegance of the Porcupine"), about a frumpy concierge more erudite than her condescending charges, was a runaway best-seller.

"People confide in us. You listen but you have to forget," said Jean-Michel Hennequin, who started

INSIDE

Are Pete & Ashlee having a baby? | 38



Rules Out: Catholic schools skip plaid | 35

Discussions: Traffic and the pope's visit | 36



INSTITUTIONAL TRADITION: Eugenie Manuel is a concierge in a Paris building.

Campaign for Concierges

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Give Back to Yourself

Careers

Volunteers can reap the rewards of their altruistic actions

For Morgan Stanley equities trader Andres Garcia, mentoring a high-schooler twice per week provides a break from chaotic 12-hour days. And collecting pledges for a charitable 5k race is helping him develop a new job skill — raising money.

"Fundraising in itself is an art, and I had never done something like that before," said Garcia, who volunteers through Big Brothers Big Sisters.

During this year's National Volunteer week, which began on Monday, communities are benefitting from what analysts describe as an increase in employer-supported volunteering. Rewards for the companies range from boosted morale and good public relations to customer loyalty and help in recruiting social-conscious college grads.

"Individuals that come to us to



Andres Garcia, right, mentors Alin Ursu, 16, through Big Brothers Big Sisters.

volunteer typically want to help others. But what volunteers tell us time and time again is that they come back because of what it does for them," said Ariel Zwang, executive director of New York Cares.

The bottom line: It's OK to be

a little bit selfish about your altruism. Here's why.

IMPROVED ATTITUDE

Volunteers frequently report that their work boosts self esteem and relieves stress, which can make a pressurized

“What volunteers tell us time and time again is that they come back because of what it does for them.”

ARIEL ZWANG, NEW YORK CARES

workday easier to bear.

To illustrate how important a stress break mentoring can be, Big Brothers Big Sisters New York City executive director Allan Luks cites the charity's chapter at Bear Stearns Cos., which was recently forced to accept a buyout from rival JPMorgan Chase & Co.

When Luks received news of Bear's troubles, he assumed it would be the end of the charity's program there. Instead, the bank called to say it would continue until the end of the year.

"They have no idea if they are going to have jobs in the future," he said. "Yet they are continuing this program. ...

You don't do that unless a program really, really makes you feel good."

HONING SKILLS

Volunteer work can be a good place to hone existing skills or develop new ones without your boss standing nearby.

Sabiha Jivanjee is a university relations manager at insurance company American International Group Inc. Jivanjee, who recruits recent college grads and coordinates summer associate programs in her day job, recently coached a participant at Streetwise Partners — a New York-based mentoring program — on interview skills and resume-writing. Helping the woman, who eventually landed a job, fit well with the talent for evaluating prospective hires that Jivanjee uses at work.

RESUME BUILDERS

Steve Miranda of the Society for Human Resource Management said philanthropic work can be included on one's resume, and it can be tailored to describe specific work done and skills gained.

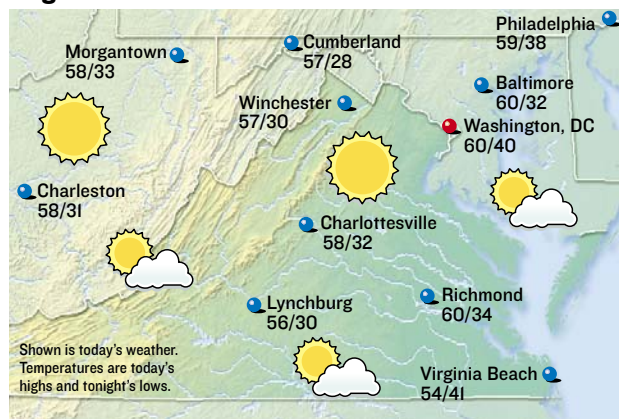
Miranda also said a person doesn't need to work at a large corporation with a well developed philanthropic foundation to bolster a resume.

"You'd be surprised at how many very responsible positions are available at your local high school," he said. JONATHAN DREW (AP)

5 Day Forecast for the Washington Area

| Today | Tonight | Wednesday | Thursday | Friday | Saturday |
|------------|------------|------------------|------------------|------------------|------------------|
| | | | | | |
| 60° | 40° | 69° / 45° | 77° / 53° | 76° / 53° | 73° / 52° |

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

| | |
|------------------|-----|
| High | 56° |
| Low | 41° |
| Normal high | 66° |
| Normal low | 45° |
| Average humidity | 39% |

Precipitation

| | |
|------------------------|--------|
| 24 hours ending 4 p.m. | 0.02" |
| Month to date | 1.57" |
| Normal month to date | 1.29" |
| Year to date | 9.91" |
| Last year to date | 9.42" |
| Normal year to date | 10.84" |

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

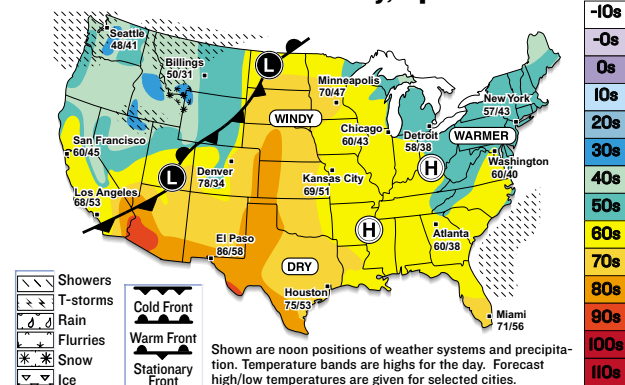
D.C. Metro: Today, sunny. High 60. Wind north 7-14 mph. Tonight, clear. Low 40. Wind west 4-8 mph. Wednesday, sunny, nice. High 69.

Sun and Moon

| | |
|----------------|-----------|
| Sunrise today | 6:31 a.m. |
| Sunset tonight | 7:45 p.m. |
| Moonrise today | 3:20 p.m. |
| Moonset today | 4:11 a.m. |



National Weather for Tuesday, April 15



National Cities

| City | Today | Wed. |
|---------------|----------|----------|
| Atlanta | 60/38/s | 70/45/s |
| Boston | 54/37/s | 61/42/s |
| Chicago | 60/43/s | 70/46/s |
| Dallas | 70/54/s | 81/60/s |
| Denver | 78/34/s | 39/27/r |
| Honolulu | 83/70/pc | 82/71/s |
| Los Angeles | 68/53/pc | 75/55/pc |
| Miami | 71/56/pc | 76/64/s |
| New York City | 57/43/s | 68/48/s |
| Orlando | 67/46/pc | 73/54/pc |
| Seattle | 48/41/sh | 53/42/c |

World Cities

| City | Today | Wed. |
|--------------|----------|----------|
| Amsterdam | 50/36/sh | 50/35/pc |
| Athens | 72/52/pc | 68/53/s |
| Berlin | 50/32/sh | 45/34/sh |
| Buenos Aires | 66/46/s | 72/55/s |
| Calgary | 44/27/c | 52/29/c |
| Dublin | 50/36/pc | 52/39/s |
| Geneva | 52/32/sh | 57/41/pc |
| Moscow | 50/37/r | 50/39/r |
| Rome | 57/46/sh | 64/50/pc |
| Sydney | 66/55/pc | 67/56/pc |
| Tokyo | 65/56/s | 69/56/pc |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOKout



Students at the John W. Hallahan Catholic Girls' High School, left, wear traditional jumpers, while those at Our Lady of Lourdes Academy, right, wear pants and loafers.

Pushing Past Plaid

Catholic schools are moving beyond their style stereotypes

Many school administrators are giving up the fight over skirt lengths — either by issuing a traditional jumper or by eliminating the argument with uniform pants, depending on what part of the country they're in.

The stereotypical Catholic school uniform — plaid skirts, stiff dress pants and ties — is still the standard in the Northeast. But elsewhere in the country, it's getting a little more comfortable.

TRADITION

The length of the navy blue jumper has changed at John W. Hallahan Catholic Girls' High School in Phila-

delphia — but not much else. Its still worn with a Peter Pan-collar shirt, knee socks and saddle shoes.

"Our biggest concern is that they're going to stop making the saddle shoes, not that the students will want to stop wearing them," says Nan Gallagher, school president.

MIAMI NICE

Miami students are not at the beach, but they're not wearing skirts, either. Officials at Our Lady of Lourdes Academy in Miami phased out skirts four years ago in favor of pants or walking shorts paired with tucked-in shirts and penny loafers.

"Our top priority is comfort," says 17-year-old senior Alexa Lopez. "We like our pants a little bit baggy. Sometimes the administration complains that our pants drag."



The flat-front, navy blue pants may not be trendy, but at least they're flattering, other girls say.

St. Brendan High School in Miami also did away with skirts and gave up demanding both boys and girls tuck in their shirts.

"We had a battle with keeping the shirts inside, so we got shirts to be designed to be worn inside or outside the slacks," says principal Brother Felix Elardo.

WHAT UNIFORM?

The mantra at De La Salle North Catholic High School in Portland, Ore., could be "dress for success." Each student works one day per week at a corporate internship that requires business attire. Administrators demand it for class days, too.

"If you come to school, you will see a school full of these young people who look like they're going to work in downtown Portland," says school vice president of development Tim Hennessy. Of course, limits are pushed.

"They test it to see: Are we really serious about this?" Hennessy says. "They come into school with the shirt unbuttoned at the top and tie loosened, and they're not allowed in the school until they're done up right."

JENNIFER KAY (AP)

At St. Brendan High School in Miami, female students like Kaitlin Isenberg aren't required to wear skirts.

Beauty

Superstay THIS

Some lipsticks can outlast just about anything, but what if they're put to the Granny Smith, Gala and Fuji test? We took **MAYBELLINE SUPERSTAY** (\$10, drugstores) to the fruit section at Eastern Market for the ultimate trial. Using a self-made equation of 1 apple sample = 1 hour of color, research concluded that 16 samples would stand in for a 16-hour day. Thankfully, there were more than enough apples. The lip color lasted through three mouthfuls of Fuji, two bites of Granny Smith, plus a couple detours to the roasted nuts and smoothie freebies. We were soon full on samples with lips still colored: The makeup had stood true against its competitors. By gluttonous default, Maybelline won. Sixteen apple samples was a tad ambitious.

ROBYN MINCHER



Beauty

Wax On, Stay On

So, Easter has come and gone and so has your chance to color, glitterize and otherwise embellish plain old hard-boiled eggs. If you can't wait till next year to get crafty again, **TOO FACED BORDER LINE ANTI-FEATHERING LIP PENCIL** (\$18.50, Sephora) seems to work on the same principle as the clear waxy crayon that comes with most egg-dyeing kits. Outline lips with the transparent stick to create a border that gloss or lipstick dare not cross. We think feathering is more easily prevented with careful application and the use of quality lip-



stick, but it's still nice to have a lip liner that can help with holiday decorating.

ERIN CLEMENTS RUSHING

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readexpress.com

site specifics

MUSIC

Open Books

When Public Record's Gareth Duffield and Brent Bohan talk about influences, they mention names in Nigerian highlife, Jamaican reggae, Motown soul and Australian indie rock. Katherine Silkaitis spoke to the music-crazed duo, which heads to the Velvet Lounge on Tuesday. | [COMING UP](#)



BOOKS

Still Giving

Lois Lowry's "The Willoughbys" follows her classic children's books "The Giver" and "Number the Stars." Tim Follos spoke to the prolific author, who will read from this new madcap parody of the literary clichés of her youth at Politics & Prose on Tuesday. | [COMING UP](#)

FREE RIDE

Follow That Pope

The first papal visit to the United States since 1999 begins today when Pope Benedict XVI arrives at Andrews Air Force Base. Fiona Zublin analyzed the pope's schedule and serves up a list of spots for potential pontiff-watching — and where to grab a snack afterward. | [COMING UP](#)



comment board

“I’ll be going, but, unfortunately, most D.C. residents would get much more excited to catch a glimpse of the queen of England.”

COMMENTER CHRIS, WHO ADDED, “IT’S QUITE TELLING ABOUT THE TYPE OF PEOPLE WHO LIVE IN THIS AREA.”

“Not unless the pope walks into the White House and arrests Bush and Cheney for war crimes, and gives them a ‘Go to Hell; Go Directly to Hell’ card.”

COMMENTER WTF, WHO ADDED, “IN THAT CASE, I’LL BE ON THE STREETS CHEERING THEM ALL THE WAY TO THE HAGUE.”



“If anything, I’m going to try to avoid anywhere near where he will be. There are enough traffic and people tie-ups in this city as it is. I am certainly not going to go looking for one.”

COMMENTER LAPSED CATHOLIC, RESPONDING TO MONDAY’S POLL CENTER QUESTION, “WILL YOU TRY TO CATCH A GLIMPSE OF THE POPE DURING HIS VISIT TO WASHINGTON?”

poll center

WILL YOU TRY TO CATCH A GLIMPSE OF THE POPE DURING HIS VISIT TO WASHINGTON?

79% **NO** **21%** **YES**

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“There are pretty much two foolproof ways to sell me something I don’t need: Fill it with bacon; [or] tell me it’s futuristic. I wish I were joking.”

JORDANBAKER.BLOGSPOT.COM WILL DEFINITELY TRY BURGER KING’S NEW “CHEESY BACON WRAPPER,” AFTER SEEING A COMMERCIAL FOR IT WITH THE NEW “KING OF THE FUTURE.”



ANDREW THEODORAKIS/AP

“This presidential campaign is so different! Why? Because there are now old, ugly entertainers supporting a Democrat.”

WONKETTE.COM FINDS IT INTERESTING THAT ELTON JOHN AND TED DANSON ARE HILLARY CLINTON SUPPORTERS, WHILE ACTORS JENNIFER GARNER AND BEN AFFLECK SUPPORT BARACK OBAMA.



“TAVIS NEVER ONCE said a negative word about Obama. Not once. He merely cautioned black America to truly examine him along with the other candidates and not simply hand him our votes just because he is black.”

SUGARNSPICE.TYPEPAD.COM SIDES WITH TV TALK SHOW HOST TAVIS SMILEY, WHO RESIGNED FROM THE TOM JOYNER MORNING SHOW AFTER BEING CRITICIZED FOR HIS VIEWS ON THE DEMOCRATIC CANDIDATE.

“SERIOUSLY. Do I dress him up like a leprechaun accessorized with a stiff upper lip, jackboots and some skis? And for [a] snack ... what? Shepherd’s pie? Lutefisk?”

AVERAGEBLOGGER.COM, WHO IS OF VAGUE IRISH ANCESTRY, IS UNDECIDED ON HOW TO CLOTHE HIS SON FOR “MULTICULTURAL DAY” AT HIS PRESCHOOL.

“I JUST WANT a bike to take me to work and back, maybe on some weekend rides. Is that too much to ask?”

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Discussions

The Pope Effect

Post transportation reporters **ERIC WEISS** and **LENA SUN** were online Monday and talked about traffic and transit while the pope is in town, plus some Beltway news.

With the huge number of people coming on Thursday for the pope, and as someone who works at the Washington Navy Yard, should I just stay home that day?

It all depends on how you get to work. But if you can work from home that day, District transportation officials are suggest-

ing that you do so, since there will be huge crowds going to the pope’s Mass at Nationals Park. The Mass starts at 10 a.m., but people have to pass through security and be in their seats by 8:30 a.m.

I’m assuming the papal mass is longer than your everyday Sunday version. If I’m headed from Suitland to Rosslyn on the train at 2 p.m. on Thursday, am I going to ride into the middle of a mob scene at Navy Yard? The pope is supposed to be leaving Nationals Park at 12:15 p.m. There are going to be an estimated 47,000 people at the ballpark, but not all of them are going to be on Metro. I’m thinking you’ll be at the tail end of the crush.

Who came up with the bright idea to drop the Outer Loop of the Beltway down to three lanes at Eisenhower Avenue? I assume this is in preparation for the new span of the Wilson Bridge, so it shouldn’t last too long, but it’s sure going to make a mess of the afternoon rush hour for the next few weeks.

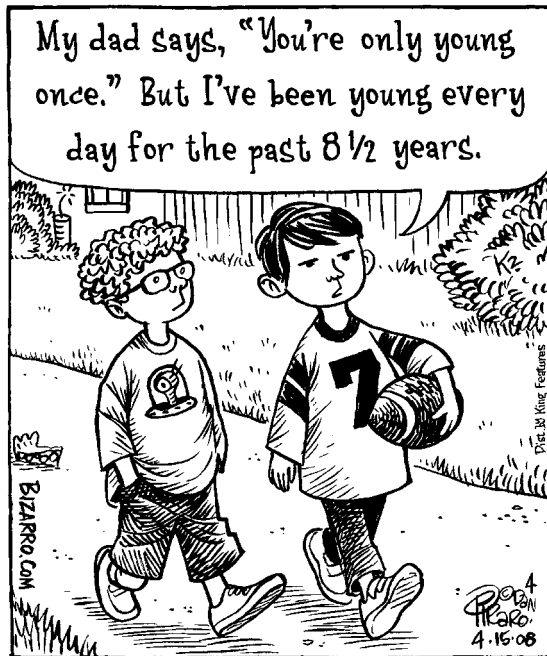
The lane drop is not related to the new span’s opening soon, but because of serious work beginning on the Telegraph Road interchange. It just pushes the merge up a mile closer to the Mixing Bowl.

TODAY ON DISCUSSIONS: Debbie Roffman discusses how parents can talk with their children about complicated sexual topics at 11 a.m. | washingtonpost.com/discussions.

DO

FILE YOUR FEDERAL TAX RETURNS. April 15, that fateful day, is upon us again. If you need more time to get your paperwork in, make sure you file a Form 4868, Automatic Extension of Time to File, with the IRS by the April 15 deadline and you’ll get an automatic six-month extension for filing.

Bizarro | Dan Piraro

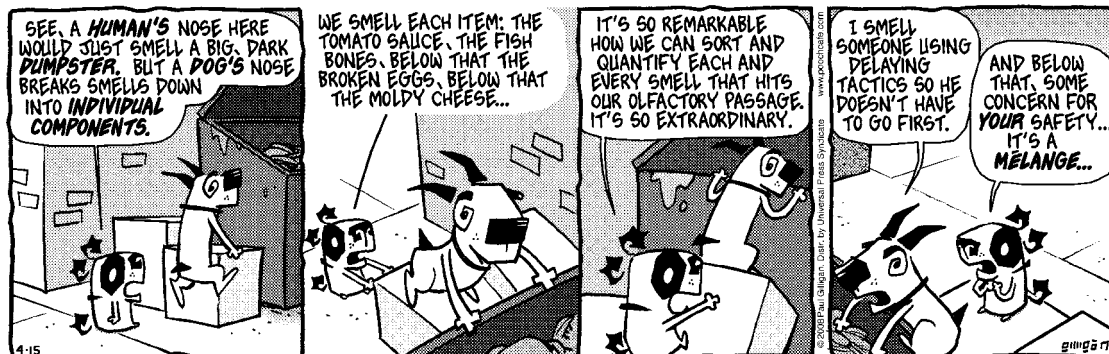


Cornered | Mike Baldwin

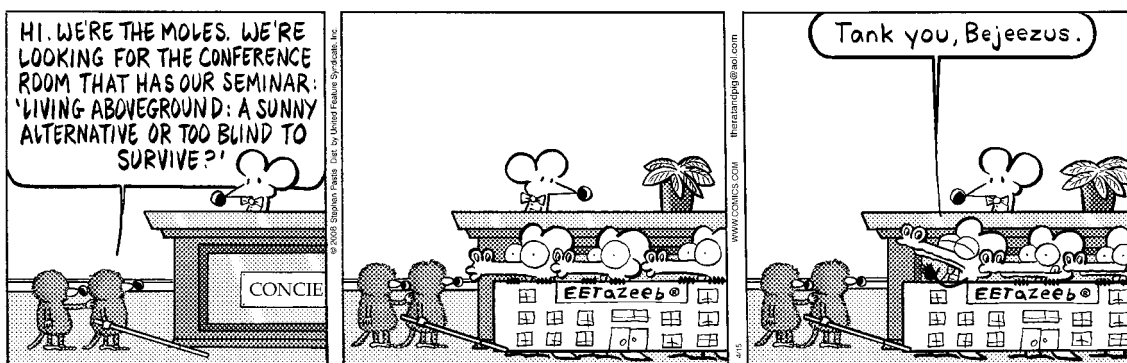


"If my grades don't improve, I don't know what'll happen. Maybe they'll offer me a buyout."

Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

ARIES (March 21-April 19) It's time to get better, more up-to-date information. You've been working with outmoded and less effective tools; it's time to upgrade.

TAURUS (April 20-May 20) The time for jokes has passed; be willing to bear current responsibilities with the seriousness others know you possess.

GEMINI (May 21-June 20) You are waiting for news of someone else's success or failure before you set the wheels of your own new project in motion.

CANCER (June 21-July 22) You may come face-to-face with one of your greatest fears before the day is out — and you can conquer it once and for all with the right attitude.

LEO (July 23-Aug. 22) You'll find yourself engaged in a fight to the finish before the day is out. Don't be tempted to cheat.

VIRGO (Aug. 23-Sept. 22) You'll have cause to remember an important lesson from your youth — and now. You'll benefit from it at last.

son from your youth — and now. You'll benefit from it at last.

LIBRA (Sept. 23-Oct. 22) It may be up to you to keep someone else in line, but do so in a way that demonstrates sympathetic support, not aggressive control.

SCORPIO (Oct. 23-Nov. 21) Money matters are at the forefront, but you could discover that an indirect approach may serve you best at this time. Take the long way around.

SAGITTARIUS (Nov. 22-Dec. 21) No more unpleasant surprises for you. You can expect things to go very much your own way — at least for the time being.

CAPRICORN (Dec. 22-Jan. 19) Share your thoughts freely with those who desire to listen; those who do not, however, are perhaps better off for going without.

AQUARIUS (Jan. 20-Feb. 18) Take the time to do something good for yourself — for no reason at all except that you deserve it. You know what you really want.

PISCES (Feb. 19-March 20) Discipline and patience are your best friends, as you play the waiting game while someone else gives you the best possible environment.



Jackie Robinson became the first black person to play major league baseball in 1947.

Today in History

1865 President Lincoln dies several hours after being shot at Ford's Theatre in Washington by John Wilkes Booth. Andrew Johnson becomes the nation's 17th president.

1912 The RMS Titanic sinks in the North Atlantic less than three hours after striking an iceberg. About 1,500 people die.

1947 Jackie Robinson, baseball's first black major league player, makes his debut with the

Brooklyn Dodgers on opening day.

1998 Pol Pot, the notorious leader of the Khmer Rouge, dies at age 73, evading prosecution for the deaths of 2 million Cambodians.

Corrections:

An item in Monday's Express said police are investigating the cutting of trees in Bismarck, S.D. Bismarck is in North Dakota. Also, the results of Friday's poll question were transposed. Seventy-six percent of responders said they would not pay the \$20 fee to visit the Newseum.

LOOK out

People



Her hair's probably really that color.

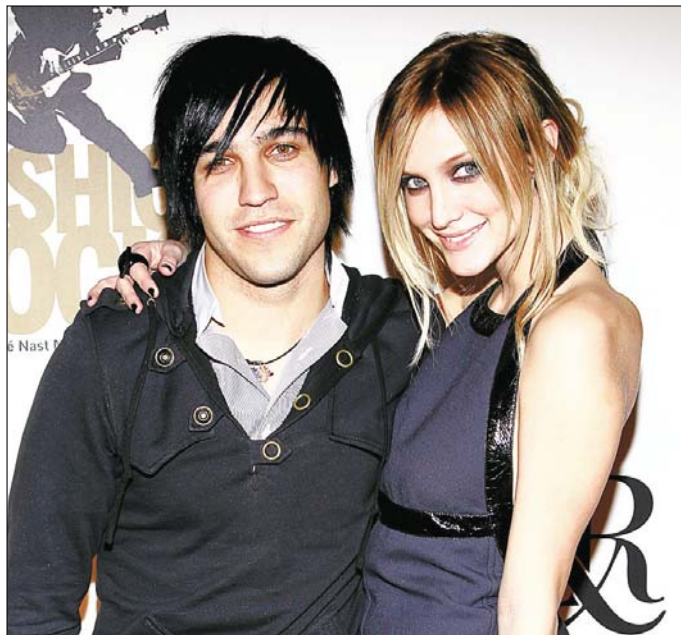
PERFECT 'I Will Now Be Perfectly Flat Again,' Said Her Stomach

CATE BLANCHETT has given birth to her third son. Blanchett, 38, delivered Ignatius Martin Upton in Sydney on Sunday. The baby weighed 7 pounds, 9 ounces, a rep said. (AP)

CENSORSHIP 'My Opinion Is That You Should Not Have an Opinion'



JACKIE CHAN says peace — not politics — should get top billing at the Olympics. Chan said the games should not be used as a platform for people to express their opinions. (AP)



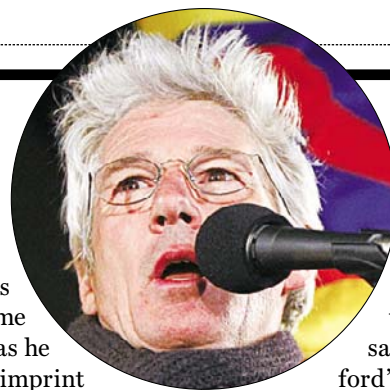
RUMORS

Bun in the Oven?

ASHLEE SIMPSON, 23, is pregnant with new fiance **PETE WENTZ**'s baby, E! News reported. Wentz has denied the pregnancy, telling MTV News "there is a witch hunt for people to be pregnant whenever they get engaged in Hollywood." "We are thrilled to confirm their engagement and congratulate this happy couple," the reps told E! "Beyond that, there is nothing to add." (EXPRESS)

ZONING Someone There Is Who Does Love a Wall

RICHARD GERE is running into some zoning hurdles as he tries to put his imprint on the wealthy New York suburb of Bedford. Gere and a partner have opened a cafe and bakery and have plans for a luxury inn and fine restaurant. But their new 180-foot-long cedar fence may not



The Dalai Lama flatly refused to intercede.

pass muster, Building Inspector Richard Megna said Monday. Bedford's rules call for a fence no higher than 4 feet along the street side of a property, and Gere's is 5 feet tall. However, Gere has been trying to win a variance from the zoning board by landscaping the fence to make it look better. (AP)

DAYS OFF And She Had Hardly Any Sick Leave to Begin With!

TONI BRAXTON won't return to the stage on the Las Vegas Strip until at least next month. The Flamingo Las Vegas says Braxton's show will remain dark this week while the 40-year-old has more medical tests following her April 7 hospitalization for chest pain. Braxton was released the following day, but last week's shows were canceled. Flamingo President Don Marrandino said her Tuesday-through-Saturday shows are also off. (AP)



The only way a Vegas headliner can get a vacation is to fall seriously ill.

SO WHO WRITES COMIC BOOKS ANYWAY? ANSWER: YOU!

Panel Discussion on Writing for Comics and Graphic Novels

Tuesday, April 15, 7:30 p.m.

At The Writer's Center, 4508 Walsh Street, Bethesda, MD 20815

Free and open to the public

Register at:
www.writer.org

The evening will include a sneak preview of our 12 week workshop on writing for comics and graphic novels

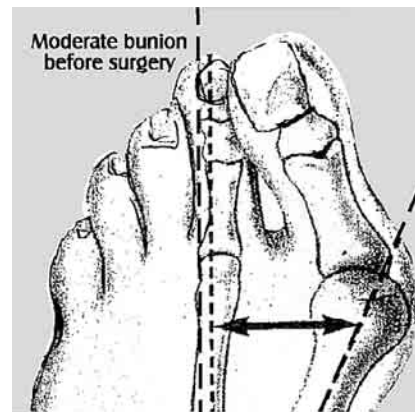
This program and workshop are made possible by a generous grant from the Jim and Carol Trawick Foundation



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If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gotlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



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LOOK out

CROSSWORD | WHAT ARE YOU?

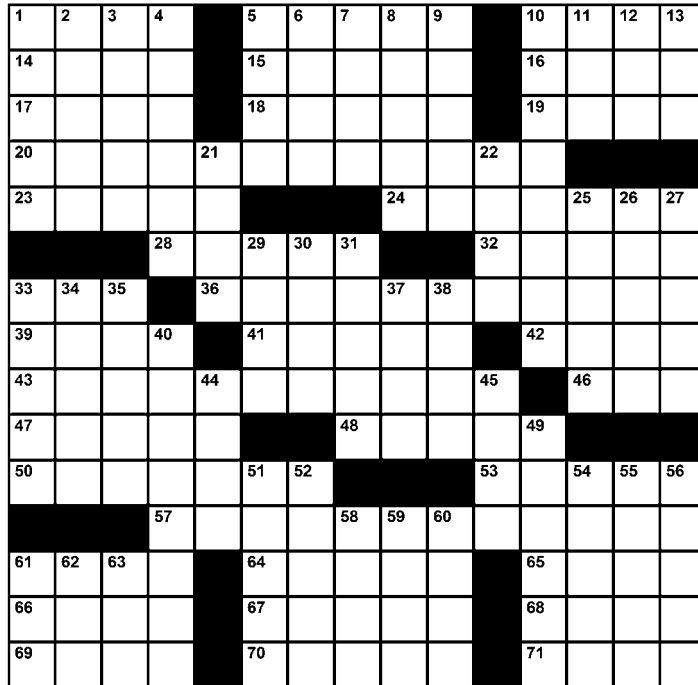
ACROSS

- 1 Part of an Adenauer epithet
5 Involuntary twitch
10 Branch of religion
14 Type of service
15 Conical abode
16 Barreled along
17 Gymnasium sound
18 Pianist Rubinstein
19 Amount preceding bets
20 Vodka cocktail
23 Antique car make
24 Yankee, for one
28 Actress Reese
32 Whom a leader follows
33 "... one leg ___ time"
36 Jump-rope variation
39 Wearisome work
41 "... bombs bursting ___"
42 Unbending
43 Twists and turns in a bowling alley
46 Stop short?
47 Observant
48 Grinned from ear to ear
50 Sammy Davis Jr. autobiography
53 Loads, as a liner
57 Breakfast treat
61 City between Turin and Genoa
64 "You ___ mouthful!"
65 "___ Sanctorum"
66 Waggle dance performers

- 67 Sign up for an offering, e.g.
68 Hardly demanding
69 In ecstasy
70 Dry runs for jrs.
71 "Song of the South" syllables

DOWN

- 1 "Who ___ kidding?"
2 Scottish lakes
3 "Left ___ own devices ..."
4 Overplayed one's feelings
5 Wisher's sight or site
6 Amazon's source
7 Some 2-BR listings
8 "There's a Wocket in My Pocket!" author
9 Scholarship criterion
10 Conspicuous one
11 1,000,000,000 years
12 Where to see some icons, briefly
13 A driver may hit it
21 Marked, as a ballot
22 Texas ___ M
25 Very small quantities
26 Like raw diamonds
27 The Three Tenors conductor Zubin
29 Butcher's offering
30 Air bag, of a sort
31 Have ___ (enjoy oneself immensely)
33 Cornered
34 "A Confederacy of Dunces" author

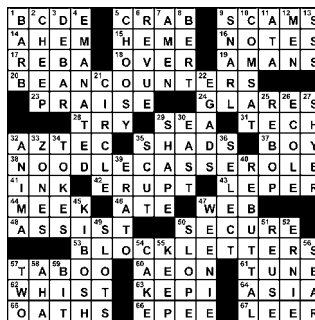


EDITED BY TIMOTHY E. PARKER

- 35 White House workers
37 53, in old Rome
38 "While" prefix
40 Lorenz Hart, for one
44 Apply acid artistically
45 Hawaiian hippy movement?
49 Costa Rica neighbor
51 Fabulous guy?
52 Certain tides

- 54 Chopped finely
55 Forename in cosmetics
56 Deal binder
58 ___ spell (relax)
59 Touch up, as text
60 Aykroyd and Fogelberg
61 Mr. Universe shows them off
62 "Comprende?"
63 Bart Simpson's age

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su[do]ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 5 | 2 | 7 | 8 | 6 | 9 | 4 |
| 2 | 6 | 4 | 9 | 1 | 5 | 7 | 8 | 3 |
| 8 | 9 | 7 | 6 | 3 | 4 | 5 | 1 | 2 |
| 4 | 8 | 3 | 7 | 6 | 1 | 2 | 5 | 9 |
| 6 | 7 | 2 | 4 | 5 | 9 | 1 | 3 | 8 |
| 9 | 5 | 1 | 3 | 8 | 2 | 4 | 7 | 6 |
| 7 | 2 | 6 | 5 | 9 | 3 | 8 | 4 | 1 |
| 5 | 3 | 8 | 1 | 4 | 6 | 9 | 2 | 7 |
| 1 | 4 | 9 | 8 | 2 | 7 | 3 | 6 | 5 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | | | | 5 | | | |
| | | | 6 | 4 | | | | 1 |
| 4 | 2 | | | 3 | | | | |
| | | | 2 | | 9 | 7 | | |
| | | | | 4 | | | | |
| | | 6 | 5 | | 8 | | | |
| | | | | 5 | | | 7 | 2 |
| 7 | | | 8 | | 2 | | | |
| | | 3 | | | | | 4 | 8 |

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Robert Hein and Deborah Fenwick

Little did I know that my neighbors' pestering me to go to HealthFair would save me from having a stroke. Ray, who lives next door, had gone to HealthFair in December, where they found a large aneurysm on his aorta. With urgent surgery, the HealthFair test saved Ray's life. After that, every time I saw Barbara, Ray's wife, she asked me when I was going to HealthFair to get tested. I finally agreed to go, and I am very glad I did. The HealthFair technician found that I had a very clogged carotid artery and told me to see my doctor immediately. I was shocked. I always have regular and vigorous physical exams. I'm 63 years old, slim built, don't smoke, eat a fairly low-fat diet, and exercise regularly. I ride my bike 25 miles twice a week, play softball four days a week, and play golf. I have normal blood pressure, normal cholesterol, and a healthy heart. Within a week of the HealthFair screening, I was in the hospital having surgery on the clogged artery. Many of the hospital staff were surprised by my condition considering my otherwise good health. My surgeon, Dr. Earl Stewart, told me the artery was over 80% blocked and the plaque unstable. He was surprised that I hadn't already had a stroke, and was sure I would've had one soon without surgery. Within a week of surgery, I was up and able to resume my normal activities. HealthFair provided a miracle for me and my neighbor, Ray. I think everyone should have the screening. It's the best money I have ever spent. Sincerely, Robert Hein.

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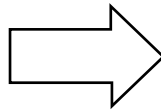
ULTRASOUND TESTS OF THE HEART & ARTERIES

Area Dates and Locations

| | | | |
|--|--|--|--|
| MANASSASS April 15th Manassas Baptist Church 8730 Sudley Rd | FAIRFAX April 19th Highview Christian Fellowship 4100 Hunt Rd | UPPER MARLBORO April 22nd FOP Lodge 89 2905 Old Largo Rd | SILVER SPRING April 24th Courtyard North Silver Spring 12521 Prosperity Dr |
| CHEVY CHASE April 26th National 4-H Youth Conference Center 7100 Connecticut Ave | MOUNT AIRY April 29th Calvary Lutheran Church 16151 Old Frederick Rd | FREDERICKSBURG April 30th Dorothy Hart Community Center 408 Canal St | VIENNA May 1st Moose Lodge 9616 Courthouse Rd |
| BETHESDA May 2nd Christ Lutheran Church 8011 Old Georgetown Rd | ALEXANDRIA May 6th Carlyle Crescent Center 1940 Duke St | FAIRFAX May 8th Fairfax Presbyterian Church 10723 Main St | SPRINGFIELD May 9th Grace Presbyterian Church 7434 Bath St |
| POTOMAC May 14th Potomac Community Center 11315 Falls Rd | KENSINGTON May 15th Kensington Park Retirement Community 3620 Little Dale Rd | HERNDON May 16th St. Joseph Catholic Church 750 Peachtree St | CHEVERLY May 17th Cheverly United Methodist Church 2801 Cheverly Ave |
| | | | RESTON May 13th Sunrise Reston Town Center 1778 Fountain Dr |

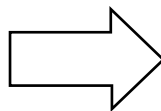
HEART DISEASE PREVENTION PACKAGE

Echocardiogram
Ultrasound Test



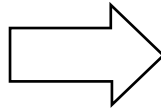
♥ Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

Electrocardiogram
(EKG) Test



♥ EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

Hardening of the Arteries
(ASI) Test



♥ Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

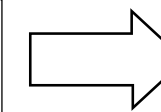
ALL 3 TESTS



♥ These cardiac tests are painless and non-invasive. Their combined cost is more than \$1,300 at most hospitals.

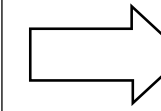
STROKE & ANEURYSM PREVENTION PACKAGE

Stroke/Carotid Artery
Ultrasound Test



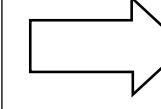
♥ Many strokes are associated with blockages in the carotid arteries that may be detected with an ultrasound.

Abdominal Aortic
Aneurysm Test
(4-hour fast required)



♥ Abdominal aortic aneurysms form as a result of a weakness in the lining of the artery wall that may be detected with an ultrasound.

Blood Circulation
(Arteriosclerosis) Test



♥ Many adults have leg cramps due to poor circulation. ABI screening measures extremities for peripheral arterial disease.

ALL 3 TESTS



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Triathlons aren't as terrifying when you compete indoors **E5**

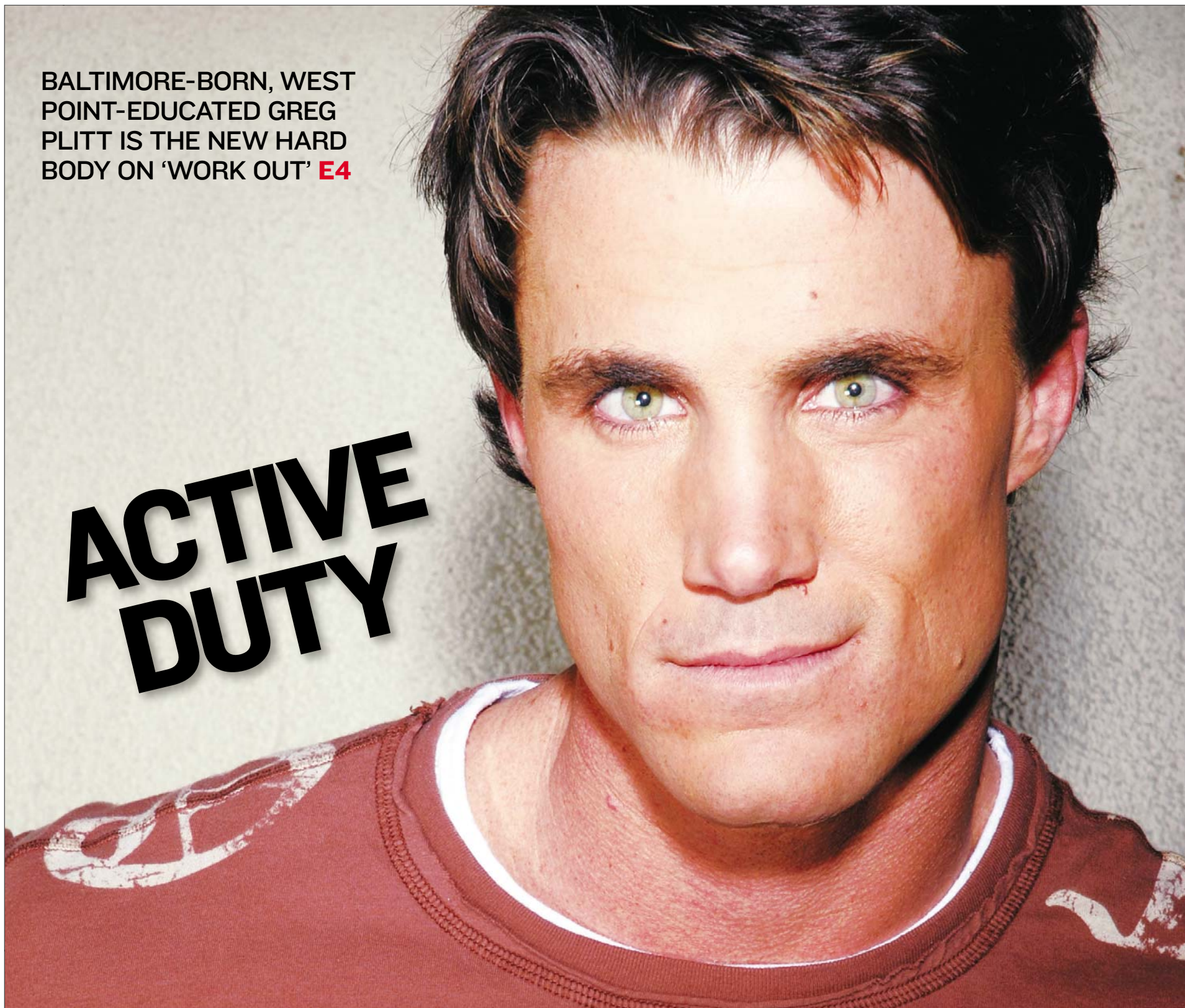
Bike your way to the ballgame (and to the tailgate) **E5**



Chug milk before your next smoke to break the habit **E7**

BALTIMORE-BORN, WEST POINT-EDUCATED GREG PLITT IS THE NEW HARD BODY ON 'WORK OUT' **E4**

**ACTIVE
DUTY**



MARC CARTWRIGHT

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



How to Get Through to A Stressball

Q I'm wondering how to deal with a boyfriend who does not manage stress well but refuses to get help. "Michael" is extremely irritable, usually because of his work or money issues (he has a lot of student loans and has been falling behind). I try to help him, but he gets defensive and even more annoyed when I want to talk about what's wrong. I have suggested counseling, and he says there is no way he would ever do it. It is getting to the point that I find myself tensing up on my commute home because I know that as soon as I walk in the door, he's going to be stressed out about some new thing.

— STUCK IN ARLINGTON

When a loved one needs help but refuses to get it, as with this issue, substance abuse, poor health habits or an unfortunate addiction to "Rock of Love," it's always impor-



ERIC REECE

tant to realize the limits of what you can do. So, make sure you don't take responsibility for his actions and add to your own stress — safeguard your emotional health by setting boundaries now about what you'll put up with and for how long.

Then, you have to try to get through to him that his problems have become your relationship's problems. Pick a time when he's not overly irritable (if that's impos-

sible, this talk becomes even more urgent). Using the classic "I feel" statements rather than the accusatory "You are," ask him to help you generate solutions, since he seems to be dismissing your ideas. If the best solution — counseling — still goes nowhere, see if he'll at least agree to some baby steps: generating a list of his triggers and healthier ways to de-stress from them, reading a book on relaxation exercises,

having a "wind-down" time during which he secludes himself until he can behave more healthily around you, etc. Over time, you can start the work of deciding whether his efforts are good enough.

Go Away Now — Hint, Hint

Q My co-worker does not seem to take a hint. She and I were friends for a while, but there has been so much drama at our work, and I heard some things she said about me behind my back. I don't want to maintain the friendship, especially since she denies having said these things and I know for a fact that she did. I have been saying no to going to lunch with her and everything, but she does not take the hint. — ANNOYED

How to get someone to stop offering to go to lunch with you? Go once, talk of nothing but the intricacies of "Waterworld," and rest assured your problem is solved.

It's hard to know the strength of your hints. If you've been begging off lunch because you're apologetically "busy," for instance, but are so

polite as to give hope that the 17th she asks the answer will change, then you can't be surprised that she's persistent.

It's unclear whether she knows your concerns about her — not that you absolutely need to tell her, but

"Don't take responsibility for his actions and add to your own stress."

I'll nag you to make sure that you're not fighting hearsay with hearsay and that you truly know she's guilty before you reach for that friendship dimmer switch. As for that dimming, be firmer, less vague and consistent in a broken-record way — if those hints aren't taken, then you can choose to risk "Trash Talk: The Sequel" by being more direct.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

For more information please visit: www.tm.org
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INSIDE MAN

Most folks know what a lunge looks like, but the X-ray vision provided by Pat Manocchia's "Anatomy of Exercise" (\$35, Firefly) shows a computerized woman's skin pulled back to reveal how hard her muscles are working. Get a similar "insider's guide" to dozens of other exercises.



GEARING UP

Impromptu yoga? Not in your business suit. But at Walgreens, you can snag an affordable Casual Gear ensemble for guys or gals — this model sports a ringer tee (\$7), a hoodie (\$15) and track pants (\$8). The cotton fabric isn't high-performance, but it works in a pinch.



DON'T CRY!

To test Blink Tears Lubricating Eyedrops (\$15.50, drugstores) for mildly to moderately dry eyes, we first had to not blink for as long as possible. After a few miserable minutes, they were a long, tall glass of water for the eyes, keeping them cool and happy for a good hour.

GUINEA PIG



Worth Its Salt

■ Messing with potato chips in the name of nutrition hasn't always had the best track record. Remember the "anal leakage" side effects that accompanied the late-'90s love affair with Olestra?

But Frito-Lay's newest attempt is more low-tech: Just be a little more conservative with the salt shaker. And, voila, it has a lower-sodium line called "Pinch of Salt," now available in Lay's potato chips, Tostitos tortilla chips, Fritos corn chips and Ruffles potato chips (\$2.29).

We were cautious — chips are what you gobble when you're craving something salty, not something potato-y, tortilla-y or corny. The chip itself is little more than a delivery mechanism. Yet, even though a serving contains just 75 mg of sodium (3 percent of your daily value), our testers found the products satisfyingly savory. In fact, it's hard to imagine needing the extra 85 to 100 mg in the originals.

That's probably the biggest health benefit of all. With a lower salt content in the chips, you need less beer to wash it all down. VICKY HALLETT (EXPRESS)



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THE MISFITS

Make a Splash

Q I'm finally committing to conquering my fear of the water and hope to take some private swimming lessons. Any recommendations? I'm in my mid-30s and in very good shape. — HELEN

■ Water wings are cute, but at your age they probably attract some funny looks at the beach, huh? Congrats on taking the plunge. It's not all that terrifying, says Marsha Marinich, whose Northern Virginia company, Swimmably Yours (Swimmablyyours.com), eases people of all ages into the pool.

Marinich is a devotee of Total Immersion Swimming, a trademarked technique that aims to make your movements "fishlike." "Children learn through play, but adults don't have time for that," she says.

No grown-up is likely to go for that sink-or-swim thing that some parents pull, either.

Instead, Marinich leads her students through a series of drills. First, you learn how to balance in the water — basically, by lying on your back and kicking from one end of the pool to the other. And if you don't drown (don't worry; your odds are good), you're ready to study freestyle, which TI has broken down into each elemental movement.

Within six sessions (which will probably cost you \$300 to \$400), almost anyone can become a swimmer, says Marinich, who has served as the last resort for folks who've left other programs.

Count on investing some effort, despite your fit physique, Marinich says. Being in shape won't translate into easy swimming until the fears wash away and technique latches on like a barnacle.

Still feeling sunk? You can also take adult classes at the National Capital YMCA (Ymcanationalcapita l.org) or sign up for private sessions at the D.C. Jewish Community Center (Washingtondcjcc.org).

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

Baltimore's Buffest

Local boy bulks up his body and makes good (and looks good, too)

Saluting is the natural response to the sight of Greg Plitt, top fitness model, TV carpenter (on HGTV's "Designed to Sell") and the newest trainer to join the notoriously catty cast of Bravo's "Work Out," which kicks off its third season tonight. And that would be appropriate — the Baltimore native attended West Point and served as an Army Ranger and U.S. Army captain. It was perhaps the perfect education for handling fitness diva Jackie Warner and the rest of the Sky Sport crew.

So, did you know what you were getting yourself into?

I think it's like the idea that the anticipation of death is worse than death itself. I was hearing horror stories from everyone. But I stayed open and positive, and I came to conclusions on my own.

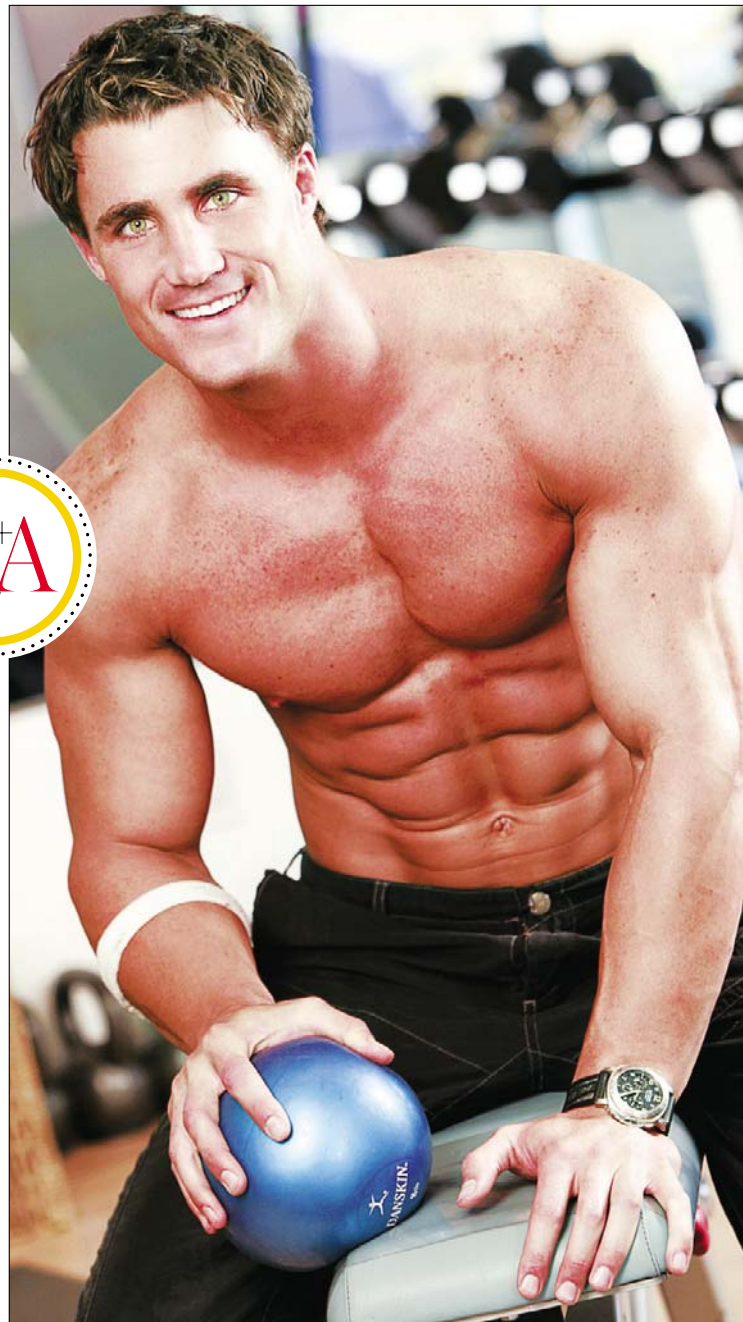
We get to see the other trainers looking at photos of you and saying you must be on steroids. Are you?

I've never done anything other than alcohol. In the military, we got drug tested every three weeks. When you transform your body, you also get mental toughness. You can't cheat that with steroids. I've always been a firm believer that something worth having takes patience.

And it's worth showing off? You seemed to go shirt-less immediately. Honestly, I'm a shy guy. And if I'm not prepared, when I go to the beach I don't want to take my shirt off. On the show, the girl I was training was wearing a sports bra, so I wanted her to feel more comfortable.

Does seeing your chest motivate your clients to work harder?

So many trainers know the ins and outs, but their bodies don't emulate what they know. But I think you never know what's going to motivate people. Sometimes you flirt



He looks hot now, but Plitt says he was in the best shape of his life at West Point.

with them, sometimes you're hard on them. Seeing someone with a body you want to have can definitely work.

What's your training background?

In the military, I was a master fitness trainer. That's where you're training a whole company. But all you have is a lawn, a pull-up bar and a partner to hold your feet while you do sit-ups. It's nothing like Sky Sport.

So, no training in L.A. before this gig?

I had a few clients who were older men and women, and they wanted a

good-looking guy to be their trainer. They just want to be around you. It's a sexual interest, not a fitness interest. It was a wasted effort, so I fired them. They said, "You can't do that." But I did.

How did you get into fitness modeling?

I had just come back from Korea and I was stationed in D.C., living in a house off-base. It was a dump in Arlington. So, my mom called and said she'd found a voucher for a one-night stay at a Marriott and asked if I wanted it. So, my buddies and I are there hanging out by the bar when all of these good-looking men

and women came in. Turns out, it was a modeling industry event. Two weeks later, I did a test shoot, and that landed me the cover of Muscle & Fitness. I read the magazine, so I thought that was really cool.

“When you transform your body, you also get mental toughness.”

How does one get to look like you?

The better the picture looks, the worse you feel. You get your body fat down to single digits, dehydrate yourself and get rid of carbs — it's not very healthy. And you need to be ready because the model is the last person hired on a shoot. If you like going to the gym, that's not a problem. I do a body part a day in a five-day split. I never plan a day off.

What do you do after a shoot?

I pig out. The night before is the worst — you never miss the food; you miss the water. I dream that I'm under a waterfall and I'm drinking all of it. The dehydration part's not fun. My clients, I would never tell them to do that. They want to look like these covers and I tell them, "That's not real." And Photoshop is your friend.

What's your favorite workout?

Just getting on a treadmill and running five miles. Or climbing ropes. I'm an athlete and I like moving a lot — being on a machine doesn't do much for me. VICKY HALLETT (EXPRESS)

event horizon

→ Skulls are legitimately scary. But sculling ain't so bad, according to members of the Capital Rowing Club (Capsrowing.org). In case you don't believe them, swing by Learn-to-Row Day this Sunday (11th and O streets SE, 12 p.m.-4 p.m.) for a free lesson. Last year's session was so popular, they're doing three of these complimentary classes this year; the next two are June 7 and Aug. 23. But if you get hooked now, you'll have the whole spring and summer to get gliding on the glorious Anacostia River. The next step: Sign up for the next novice sculling session, which starts April 28 (\$255 for three weeks of classes).

Phys Ed | **fit**

At Life Time Fitness events, it's just two competitors to a lane. But even this crowded pool is more low-key than open water.

Do Tri This at Home

The great indoors can also host a swim, ride and run to the finish

Going the distance isn't everything. Sometimes it's enough to put in the time. At least, that's the idea behind the indoor triathlon series at Life Time Fitness, which held its most recent race in Columbia, Md., last weekend.

The formula is simple (and easy to copy at almost any well-equipped gym): a 10-minute swim in the club pool, a 30-minute bike ride in the cycling studio and a 20-minute run on a treadmill. It's a format designed to be welcoming to beginners.

"When some people hear about triathlons, they think of Ironmans,

and think they could never do that. But with this, they think, 'I might not swim well for 10 minutes, but I can swim for 10 minutes,'" explains Marilyn Franzen, Life Time Fitness' director of events and a veteran of 100 triathlons.

It's an easier starting point, too, because of the controlled environment. Instead of an intimidating open-water swim, participants share a lane. Falling off a stationary bike? Not so likely. And the treadmills are set to a 0 percent incline, so there's no need to fear killer hills.

Participants also don't need to freak out about having the perfect gear — Wet suit? Cycling shoes? Wicking fabrics? — to accommodate every activity. With a 10-minute break to change in the locker room between the swim and the

ride, they can even squeeze in a quick shower.

Lest it feel like any other day at the gym, Life Time Fitness keeps up the energy by sending off competitors in waves of 10 every 20 minutes. Water and snacks wait at the end, and friends and family are encouraged to wave signs and cheer on their favorites.

Even if the taste of a triathlon doesn't get them competing outside, participants are more likely to take advantage of opportunities to cross-train during their regular workouts, Franzen says. After all, part of the appeal of triathlons is that they require mixing it up.

"There's at least one event that you're not so good at," she says.

Or maybe you're weak in all three — all the more reason to take up the challenge. VICKY HALLETT (EXPRESS)



TRAIL BLAZER



Bikes, Burgers and Books

■ Two upcoming events have the right spin when it comes to mixing 'n' matching interests with one's penchant for biking. Could a cycling sewing circle be next? Here's hoping.

Don't be surprised to spy Treks and Cannondales towing grills on April 27. That's just the Washington Area Bicyclist Association's method of getting barbecue food ready for the Bike Me Out to the Ballgame tailgate (\$35 WABA members, \$40 non; Waba.org). Eat free burgers and hot dogs (and bring chips to share) for a pregame gathering at the RFK parking lot. Then ride the 2.5 miles with 99 other cyclists to Nats Stadium to watch the Nats take on the Cubs.

Executive director Eric Gilliland expects to see more than spandex in the stands: "I'm hoping for helmets myself."

For those with more bookish pursuits, there's the Arlington Reads and Rides: Tour des Bibliothèque (Arlingtonva.us/library; 703-228-6321). The free 29-mile ride is an active way to celebrate National Library Week. Meet at Central Library (1015 N. Quincy St.) at 9:30 a.m. this Saturday for a guided tour that takes riders to six branches of the Arlington Public Library. No preregistration is required and each cyclist receives a goodie bag chock-full of reading material and news on literary events. Due to the length of the ride, children 12 and under will not be permitted without a guardian. KRIS CORONADO (EXPRESS)

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STETHOSCOPE

MOOD

Scrub to Stress Less

■ Vacuuming isn't just good for cleaning your carpets—it's also good for boosting your mental health. A study published in the British Journal of Sports Medicine reported that daily physical activity (that includes everything from kickball to cleaning) was associated with a 41 percent lower risk of psychological stress. Lest you plan to trade your boxing gloves permanently for yellow scrubbing ones, the researchers note that participation in sports further decreased the risk.



HYGIENE

Watch Your Mouth

■ The garlic you ate with dinner probably didn't help, but the real culprit behind your nasty breath is *Solobacterium moorei*. Doesn't that sound icky? Researchers at the State University of New York at Buffalo School of Dental Medicine studied 21 people with halitosis, and *S. moorei* was found lurking. When they peeked inside the mouths of 36 people without bad breath, only four had *S. moorei*, and each of those four had periodontitis, a gum infection that can lead to bad breath.

WEIGHT GAIN

Anyone for Pizza?

■ Eighteen-year-olds have plenty to worry about when they start college, like whether their roommates will torture them with a cappella music. But they don't need to freak so much about the "freshman 15," according to research presented at the recent American Society for Nutrition meeting. The average weight gain for men in a study of first-year students at Auburn University in Alabama was just 5.4 pounds, and for the ladies, a measly 3.2 pounds.

Got a Minute?

Ratchet up points for healthy behavior with these 60-second fixes

Add up all the things you're supposed to do every day to stay healthy (the sleeping, the sweating, the veggie steaming, the Sudoku solving) and it can feel like a full-time job. But studies show you can reap major body benefits in 60 seconds or less. That should leave plenty of time for Netflix, YouTube, Zappos. You know, the important stuff.

When you're at the drugstore

THE CHANGE: Read the fine print on sunscreen labels.

THE BENEFIT: Better SPF protection. A recent test of sunscreen products found that 83 percent of them don't provide adequate sun protection. To guard against both UVA and UVB rays, look for products that contain zinc and titanium.

On your way home

THE CHANGE: Stop by the florist.

THE BENEFIT: Less grouchiness the next morning. New research from Harvard University shows that even people who say they're not "morning people" report feeling happier and more energetic after looking at flowers first thing in the morning.

When you get to work

THE CHANGE: Check out a funny Web site.

THE BENEFIT: Fewer colds. Research suggests that a moment of mirth increases the body's secretion of immune-boosting growth hormones and endorphins. We recommend Funnyordie.com.

When you skin your knee

THE CHANGE: Dab honey on it.



Waking up next to a beautiful vase of flowers can perk you up for the day, even if you're decidedly not a morning person.

THE BENEFIT: Fewer Band-Aids required. A study in the International Journal of Clinical Practice shows that natural disinfectants in honey can speed healing, reduce the risk of infection and soothe pain.

When you're having your annual check-up

THE CHANGE: Get frank quickly.

THE BENEFIT: A better relationship with your doctor. Research shows that patients who bring up difficult issues at the start of an appointment are more likely to be satisfied with the visit and to adhere to their doctor's recommendations.

When you want a snack

THE CHANGE: Pop pistachios.

THE BENEFIT: Improved cholesterol levels.

In research at the Inova Fairfax Hospital in Falls Church, Va., people who ate two to three ounces of unsalted pistachios per day for four weeks raised their HDL cholesterol (the good kind) by 6 percent.

During a DIY pedi

THE CHANGE: Examine your feet.

THE BENEFIT: Early skin-cancer detection. Melanoma can develop even in places that don't see much sun. The three most common spots on the feet: the soles, between the toes, and around or under the toenails.

When you're yawning at 3 p.m.

THE CHANGE: Sip coffee, not cola.

THE BENEFIT: Reduced diabetes risk. Coffee has fewer calories and more antioxidants than most sodas.

Dab honey on a skinned knee to take advantage of its natural disinfectants.

During the week before your period

THE CHANGE: Order a glass of wine.

THE BENEFIT: Less PMS. The Study of Women's Health Across the Nation recently linked moderate alcohol consumption (about one drink per day) to fewer pre-period mood changes and headaches.

When you're craving a cigarette

THE CHANGE: Drink milk.

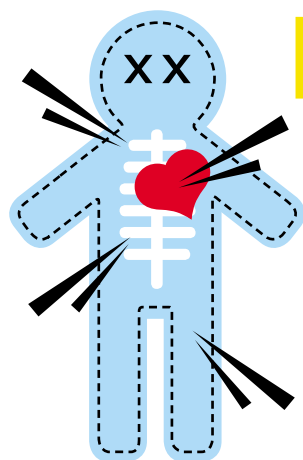
THE BENEFIT: Less-satisfying smoke breaks. In a recent survey of smokers from Duke University, nearly 20 percent agreed that milk makes cigarettes taste bad.

When you're waiting for a weight machine

THE CHANGE: Skip rope.

THE BENEFIT: Jumping rope for a minute and then resting for a minute between sets of weight exercises can nearly double the calories you burn.

LAURIE MCLAUGHLIN WITH KATHLEEN PENNEPACKER (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have dome-shaped growths on your skin? Do they look pearly, or sometimes like inflamed pimples? Do they show up on your face, chest, abdomen or rear end, or where skin meets skin, such as in the bend of your arm or the genitals? You may have **MOLLUSCUM CONTAGIOSUM**, a viral infection. The blebs themselves are molluscum; that you can catch it from skin contact with other afflicted is the contagiosum. They usually show up in the aforementioned places, but they can affect any body part except the soles of the feet and palms of the hands. Doctors treat the growths as they would warts—through freezing, burning and scraping, and with various topical medications. They'll usually go away on their own, though it may take months or years. SOURCE: AAD.ORG, MERCK MANUAL

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